



# ADAPTING OSCILLATION

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# TRAINING

# 1

## INTRODUCTION

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How the heck am I supposed to workout when I can barely get out of bed?

How can I stick to a workout program when I never know how I'm going to feel?

Should I even workout when I feel sick?

Hey, I'm Nate, and I get it, I had those questions too. After being diagnosed with Crohn's Disease 11 years ago, it's taken me a solid decade of study, failure, trying this and that, to find an approach that works consistently for someone with a chronic illness, or some abnormality that the “normal” person doesn't face. The part that most don't grasp is the fact we can feel fine one minute and terrible the next.

Normal progression doesn't work. I have been at my strongest and then two weeks later barely able to

do a single push up. And I'll be honest, that sucks. But I went from a sickly 6'0 155lbs stick to gaining and improving a lean and strong 190lbs, feeling my best. This training program has been proven by both me and my clients. I've personally taken trip from bedridden sickness to a near elite level of fitness and back again over a dozen times. If goal is to lose weight, gain muscle, or just start moving, but because of your limitations you think you're unable to, this program is for you.

# 2

## WHY AOT?

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Adapting Oscillation Training focuses on a core idea: “listen to your body, but don't be its bitch”. The problem I consistently ran into was “listening to my body” turns into “I'll exercise tomorrow” which turns into never working out (ie the bitch part). After a few days, I would get so frustrated, workout like a banshee for a few weeks and end up sick or injured. I'd vacillate between going way too hard or not at all, neither of which is good. It messes with your metabolism, screws with your mind, and does almost nothing positive for you. The goal of AOT is to provide structure, a plan that you can follow that accommodates the fact that some days your health is great, others mediocre, and some it's just plain awful.

## 3

### THE SEVEN BASICS

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Seven basic exercises make up the core of this course. Seven may not seem like much but these exercises will serve as a baseline for everything else you do. Master these seven and you will feel stronger, more balanced, and most likely lose fat, and gain muscle (I don't know what you eat so I can't promise you physical results). I've included videos for each of the seven with all the specific teaching points I give to my clients, as well as quick demos for you to access during workouts.

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### WHY SHOULD I MOVE?

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Here's my challenge for you. While you do this program, I want you to move for at least 15 minutes every single day. Whether that's a short walk, 15 squats and pushups in the house, a nice stretch or yoga or one of the following workouts, move. I get it. If you're like me some days, you feel absolutely terrible. There were days I would do ten squats, a few pushups, stretch for a little bit and then crawl back in bed totally exhausted. But it's worth it. The benefits for not only to your body but to your mind, energy, and overall well-being are enormous. You'll slowly start to feel more confident, more energetic, more positive, more alive. Consistency of programming is not what we're after, consistency of the habit of movement is. The goal of this program is to get you in the habit of exercise, as something you do every single day. Whatever form of exercise you branch out to after this, I want to give you the baseline and the habit to succeed.

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### HOW AOT WORKS

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There's three zones, well, four. Zone zero is that barely able to get out of bed place, you all know what I'm talking about. Zone One is for when you're feeling lousy, but you're up and around (think 25%). Zone Two is when you're feeling halfway ok (25-80%). And Zone Three is the sweet spot. Here's what I want you to do. Start in Zone One the first week. If you can follow the plan below, trying different exercises each time, move to Zone Two and do the same thing the second and third weeks. Then move to Zone Three for weeks four through eight. If there is a day or a few weeks where the body is telling you no, that's fine! That is exactly what this program is designed for. Don't beat yourself up, just move down to whatever Zone you need to. Start according to your fitness level, the schedule below is just a guideline, not a hard and fast rule. If you're really crashing, go to Zone Zero and don't feel bad about it.

## THE MIND GAMES

Here's the hardest part. You'll see people around you, maybe that guy or girl on Instagram who crushes it in the gym six days a week. You want to be like them, right? Get that fitness bod. So, you're over here crushing it in Zone Three and then the body starts to flare up. You keep pushing because you're a rockstar and you're gonna grind it out. No pain, NO gain, right?? Wrong. It doesn't work that way for us my friend. When you are lifting or doing moderate to intense cardio you are creating inflammation in your body, which is not a bad thing normally, it causes your muscles to grow and become stronger. But if you have say, Crohn's Disease and you're in a bit of a flare, you already have an overdose of inflammation, which you are then compounding with your workout. The key is learning to, once again, listen to your body, but don't be its bitch. I quickly found some days I was using my illness as an excuse and I needed to push through, and others that no, I really needed to take a chill pill and just go on a walk instead. This is a marathon my friend, not a sprint. We're building a habit here, not trying to win on The Biggest Loser. On those days where you need to relax, do it, and don't feel guilty about it. I know you're a warrior because the fact that you're trying to still exercise with whatever illness you may have sets you head and shoulders above the rest. Be strong, push yourself, and listen to your body.



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## TERMINOLOGY

### ACTIVE REST:

Moving for at least 15 minutes in a gentle fashion. Light Yoga, stretching, walking, a gentle sport you enjoy, or maybe just walking up and down the stairs a few times. You still must move. Too much, or nothing at all are both equally detrimental to your body. This is perfect for those days off or the days you can barely get out of bed(AKA Zone Zero).

### SETS AND REPS:

4x10 Pushups would be 4 Sets of 10 Repetitions (Reps) of pushups. So you would preform 10 pushups (1 set) and then rest for the allotted time before doing 10 more (another set). You would do that 4 times in total. 4 Sets, 10 Reps each set. Or 4x10.

### REST:

Rest between sets is absolutely vital. Your body will not preform optimally or get the results you want if you don't follow the rest time by either going way too fast, or way to slow. It doesn't make you cool to speed through a workout. Instead, progress or regress the exercise by adding more weight or modifying to make it so you need the rest.

### PROGRESSION AND REGRESSION:

Fancy way of saying harder(progression) and easier(regression).

### MED:

MED means a nice middle ground where you do reps till fatigue but not total burnout. Think one or two reps before failure

### MAX AND FAILURE:

MAX means as many reps as you can do. If your form starts to go, that's a sign that you're done.

### 1, 1A, 1B and so on:

This is used to indicate your supposed to do the exercises in a row with no rest, circuit style, and then rest at the end of the "round". For example:

- 1 | Pushup x 10
- 1A | Squat x 10
- 1B | Deadlift x 10

Rest for 60 seconds at the end of each round

You would do 10 pushups, 10 squats, 10 deadlifts with no rest, then rest for 60 seconds before repeating all three exercises.

I would encourage you to buy a pull-up bar and a kettlebell with a weight that's good for you. If you don't have access to either you can simply skip those exercises for now. But honestly, if you want a fully rounded and healthy body, buy them. There's plenty of options on Amazon from \$20 to \$100+. Here are links to a few options:



Pull-up Bar



Kettlebell

I would get at least a 26lb(12kg) kettle bell minimum. If you have some strength I would definitely go with the 53lb(24kg). Kg conversion is  $\text{Kg} \times 2.2 = \text{lbs}$

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## WARMUP

The best way to get hurt is to not warmup properly before a workout. I've included a video in the workout PDF of some sample stretches and or cardio that I do. Cooling down is equally as important. Do some slow walking and stretching, holding stretches for 30 seconds or more. Allow 5-10 minutes for both warming up and cooling down.

## THE ZONE'S

### ZONE 0 (0-10%)

Simply do “active rest” for 15 minutes. Aka go for a walk, do gentle yoga, or stretch. You just need to move. It will help your body and your mind.

### ZONE 1 (10%-40%)

- 1 Pick two to three of the 7 core exercises
- 2 Do 2 to 3 sets of each exercise as many reps as brings you to a nice middle ground (MED).
- 3 Rest for 60-90 seconds between sets

#### **EXAMPLE:**

- Pushup MEDx3
- Squat MEDx3
- Glute Bridge MEDx3
- With 60-90 seconds rest between each set

### ZONE 2 (40%-80%)

In the workout PDF I have 5 sample workouts for you to get started with. You can continue to do these 5 workouts, rotating through the week, or you can create your own. Just keep to the same general level of intensity.

### ZONE 3 (80%-100%)

This is where you go all out. I've included 5 sample workouts in the accompanying PDF as well as programming. If you need to make things more challenging, I've included progressions for each exercise. If that's still not enough and you want to take your body to truly a fantastic level, you can apply [here for private coaching](#) and I will be in touch.

Again, in the AOT Workout PDF you will find training videos, sample workouts, progression exercises, and a 8-week plan to follow. Please finish reading this document in its entirety first.

## TIPS AND TRICKS

- Pace yourself. Did you know that above 80% of the people who lost a large amount of weight on the biggest loser gain it all back and more within a year? Yeah. It's unhealthy, and unsustainable. Go for the long-term win.
- Don't feel guilty if you must take a few days off. It's ok! Listen to your body. If you really are feeling poorly, hit that Zone Zero and focus on getting a few good active rest days in. Just make sure you move a little each day.
- Form over more reps. Form wins every time. If your form starts to go, you're not getting the full benefit of the exercise and you're also most likely hurting yourself. Put aside the ego. Push yourself and do what you can handle.

## BASIC NUTRITION AND HEALTH GUIDELINES

There's a few basic things that science has proven again and again to help us improve our health. These will help as a starting point.



- 1 Don't smoke
- 2 Moderate/limited alcohol consumption. The only time I'll touch a drink is when I know my body is a peak condition with very minimal life stress, if I'm flaring or anywhere close I won't drink, just another thing for your body to deal with.
- 3 Eat slowly and mindfully. (IE don't do much else while you eat, no tv, no work, just eat)
- 4 Eat enough lean protein. (A good average is two portions the size of your fist for males, one for females)
- 5 Eat 5+ servings of fruit and/or veggies per day, preferably a colorful variety.
- 6 Eat some healthy fats. (Avocados, nuts, ect)
- 7 Get moving for at least 15 minutes a day.
- 8 Get 7-9 hours of quality sleep every night. (You may need more when your body is not functioning optimally)
- 9 Reduce Stress. (Meditate, laugh, set aside time for yourself)

10 Spend time with people who you love and who love and support you.

11 Spend time doing things that are meaningful and inspiring to you.

According to studies, less than %1 of the population of America does all of those on a regular basis. Before you go wild with protein drinks, supplements, and crazy workout plans, start here. This is the foundation. What are you missing on this list?



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## **THE NEXT LEVEL**

If you go through this program for a few months and decide you want to take your body to a whole new level, you can apply for private coaching [www.nathanohlson.com/coaching](http://www.nathanohlson.com/coaching). I have been a certified personal trainer for a decade and have gotten fantastic results with hundreds of clients from all walks of life. Be warned though, this is not for the faint of heart. We will get after it, and I will demand a lot of you. If you're in, let's do it.