

The

K*I*S*S*

Fitness Program

---Modified Program---

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Disclaimer

The author is not a physician. The information presented in this report is intended to be educational in nature and is not intended as medical advice. It is designed to help you make informed decisions related to your physical fitness and should not be used as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, you should seek assistance from a qualified health practitioner.

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MODIFIED PROGRAM

Many times in the [K*I*S*S* Fitness Program](#) I suggested that, when you are at the lower Levels, it might be a good idea to perform the strength/flexibility exercises more than one time. You will recall that the reason for this suggestion was that, at low Levels of the *Program*, you are performing only a few reps of the exercises and this might not be sufficient to work the muscles enough to make progress at a satisfactory rate. By repeating the sequence of sets for your Level of the *Program* one or more times, increases in strength will be **much more rapid**.

As a result of this suggestion, many readers of the book have contacted me requesting a specific modification of the *Program* that they can follow. They want a **plan** that tells how many times the sequence of sets should be repeated for each Level of the *Program* and at what Level it will be sufficient to perform the sequence of sets only once --- as prescribed by the *Program*. The purpose of this modification is to provide such a plan and to give the logic behind it. Chart #1 is this plan for Part 1 of the *Program*. This is the only Part of the *Program* you will have to change.

Chart #1

Number of Times to do the Sequence of Sets at Each Level of the Program

Part 1

Level	Number
1	4
2	3
3	2
4	1
5	1

Looking at the chart, you can see that the sequence of sets is repeated only for Levels 1 through 3. Doing the sequence of sets one time --- as prescribed by the *Standard Program* --- is sufficient for Levels 4 and 5. I call the information given in Chart #1 the *Modified Program*.

There is some sound logic behind this. As you progress through the *Standard Program*, you will notice that, when you reach Level 4 or thereabouts, the strength/flexibility portion of your workout will approach a half hour long and your muscles will really begin to feel it. I believe that this is when the *Standard Program* kicks into high gear. Levels 1 through 3 are more of a warm up for the Levels of the *Standard Program* that follow. You will recall that Level 4 requires 4 sets and all the Levels after it (with the exception of Level 6) require 4 or 5 sets. Again, when you are doing 4 sets, you will be getting a serious workout and will start making significant gains in strength.

So, the unwritten objective of the *Modified Program* is to get a workout roughly equivalent to what you would be getting at Level 4 but **in a way such that is still doable for you**.

Chart #2 lists the reps of each exercise and the sets that you will be doing at each Level of the *Modified Program*. You will notice that the sequences of sets are performed four times for Level 1, three times for Level 2, and twice for Level 3. The single sequences of sets for Levels 4 and 5 are the same as for the *Standard Program*.

Chart #2**Reps Done for Each Set of Exercises in the *Modified Program****Level 1*

	Sit-up	Squat	Push-up B & T*		Pull-up
	5	4	3	2	1
	5	4	3	2	1
	5	4	3	2	1
	5	4	3	2	1
Total Reps	20	16	12	8	4

Level 2

	Sit-up	Squat	Push-up B & T		Pull-up
	5	4	3	2	1
	10	8	6	4	2
	5	4	3	2	1
	10	8	6	4	2
	5	4	3	2	1
	10	8	6	4	2
Total Reps	45	36	27	18	9

Level 3

	Sit-up	Squat	Push-up B & T		Pull-up
	5	4	3	2	1
	10	8	6	4	2
	15	12	9	6	3
	5	4	3	2	1
	10	8	6	4	2
	15	12	9	6	3
Total Reps	60	48	36	24	12

Level 4

	Sit-up	Squat	Push-up B & T		Pull-up
	5	4	3	2	1
	10	8	6	4	2
	15	12	9	6	3
	20	16	12	8	4
Total Reps	50	40	30	20	10

Level 5

	Sit-up	Squat	Push-up B & T		Pull-up
	5	4	3	2	1
	10	8	6	4	2
	15	12	9	6	3
	20	16	12	8	4
	25	20	15	10	5
Total Reps	75	60	45	30	15

* B & T = Bend and Twist

Chart #3 summarizes the total reps done for each exercise at each Level of the *Modified Program*.

Chart #3

Total Reps Done for Each Exercise in the *Modified Program*

Level	Sit-up	Squat	Push-up B & T	Pull-up	
1	20	16	12	8	4
2	45	36	27	18	9
3	60	48	36	24	12
4	50	40	30	20	10
5	75	60	45	30	15

For purposes of comparison, Chart #4 summarizes the total reps done for each exercise at each Level of the *Standard Program*.

Chart #4

Total Reps Done for Each Exercise in the *Standard Program*

Level	Sit-up	Squat	Push-up B & T	Pull-up	
1	5	4	3	2	1
2	15	12	9	6	3
3	30	24	18	12	6
4	50	40	30	20	10
5	75	60	45	30	15

Comparing the charts, it is easy to see the differences between the two programs. As you would expect, the total reps done for each of the first three Levels of the *Modified Program* are greater than for the *Standard Program*. There is also a smooth increase in total reps as you move up through the Levels of the *Modified Program*. In fact, the total reps done at Level 3 are greater than at Level 4. At first glance, this may give you the impression that Level 3 of the *Modified Program* is harder than Level 4. However, this isn't the case as, at Level 3, you are doing a simpler sequence of sets twice rather than a significantly more difficult set once.

In the book, I recommended taking a rest after completing each set. Specifically, I noted that the length of these rests should roughly equal the time you spent doing the exercises in the set you just completed. This recommendation applies to the *Modified Program* as well. In fact, you might want to take a slightly **longer** rest after you complete each **sequence** of sets at Levels 1 through 3. For Level 1, there would be three of these longer rests; for Level 2, there would be two; and, for Level 3, there would be one.

The *Modified Program* gives you a formal approach for adding sequences of sets to the lower Levels of the *Standard Program*. I recommend that you use it to minimize the time it will take you to gain strength while using the [K*I*S*S* Fitness Program](#).

ABOUT THE AUTHOR



Stephen J. Winter, Ph.D. has been a health and fitness enthusiast since his teens. He has excelled in weight lifting and distance running and has done well at other sports including rowing, swimming, and bicycling. Now, over 70 years old, he continues to exercise and manages to stay in excellent condition. He has also experimented with diet his entire adult life. By means of this experimentation and personal research, he has arrived at a sensible diet that he believes maximizes health and longevity. He “practices what he preaches” and is a good example of the effectiveness of the programs described in this report. For many years, Dr. Winter was a certified personal trainer. He lives with his family in Norwich, NY.

An engineer by training, Dr. Winter is now retired and has embarked on a second career as a fitness instructor and writer of fitness books. In addition to this report, he has written a number of books. His first book is the [K*I*S*S* Fitness Program](#). A shorter version of it directed at youth is entitled the [K*I*S*S* Fitness Program for Kids](#). He has plans to write a third book that will be entitled the [K*I*S*S* Weight Training Program](#). The central theme of all his books is simplicity. Whether you are doing bodyweight exercises, training with weights, or using exercise machines in a gym, he believes it is of highest importance to keep your training program as simple as possible. Both in his engineering work and in his fitness endeavors, Dr. Winter has found that this approach most often leads to long term success.