Canelith

TRAINING COLLECTION

FREE SAMPLE · TRAINING GUIDE · HOME AND GYM

HIGH PERFORMANCE

For people who already train and want to perform better: strength, power, speed and endurance, with recovery and injury prevention.

Free sample | Full Day 1 | 3 levels



INSIDE

1 The test to find your level

2 The warm-up and the final stretch

3 Day 1 at home for all 3 levels

4 The technique for every exercise of the day

5 The words in the guide, explained

6 How to get the full guide

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Your team in this guide

You don't train alone. Each character joins you in one part of the guide and leaves you a tip.



Canela

The golden pup in the pink dress. She leads the team.

WELCOME, FREQUENTLY ASKED QUESTIONS, BEFORE YOU START: YOUR HEALTH FIRST



Minchu

The tabby cat. Curious, always asking why.

UNDERSTANDING THE PHYSICAL QUALITIES, MYTHS THAT HOLD YOU BACK, WORDS YOU'LL SEE



Zapote

The fish in the tank. Fast, precise and always ready for the next goal.

HOME PLAN, GYM PLAN, EXERCISE CATALOG



Oliver

The gray cat who likes to lie down. Pure calm.

RECOVERY AND DELOAD WEEKS, TECHNIQUE THAT CHANGES EVERYTHING, HABITS THAT SUPPORT YOUR PERFORMANCE



Thunderbolt

The turtle. Slow, but never stops.

CHOOSE YOUR LEVEL AND PROGRESS



Bella

The black dog with curly fur. The strong one of the group.

WHAT YOU NEED



Wilson

The white and orange cat, always up and on the move.

WARM-UP, CARDIO AND STRETCHING



Technique
before weight

Consistency
before intensity

Rest
as part of the plan



Canela says start here: how the guide works and how to get the most out of it.

Welcome

This guide is for you if you already train and want to perform better: run faster, jump higher, get stronger and last longer in your sport. It works on strength, power, speed, changes of direction and endurance, with one plan for home and another for the gym.

You train 3 days a week, with a rest day in between: for example Monday, Wednesday and Friday. If you play a sport, keep your hardest session well away from your game or competition.

High performance doesn't mean training all out every day. It means doing a few things very well, resting enough and repeating them a little better each week.

HOW TO USE THIS GUIDE

1. Read the chapters on physical qualities, technique and recovery first. That's where the difference lies between progressing and getting injured.
2. Take the level test and start at the level you get.
3. Choose your plan: home or gym.
4. Warm up before every workout; stretch when you finish.
5. Follow the four-week block: three weeks of work and one deload week.

Three rules: technique before weight, consistency before intensity and rest as part of the plan.

A word you don't understand? At the end you'll find “Words you'll see”, with every word in the guide explained simply: **p. 11**. And each day of the plan comes with its own “How to read this day”.

1 · Test
take the level test

2 · Choose
home or gym

3 · Progress
level up when it's time



Thunderbolt moves slowly but never stops. Start where you are, not where you'd like to be.

Choose your level and progress

Take this test before you start, resting 2 minutes between each part. Your level is the highest row you fully meet. If you're torn between two, start with the easier one.

TEST	BEGINNER	INTERMEDIATE	ADVANCED
Time doing consistent strength training	Less than 6 months	6 months to 2 years	More than 2 years
Push-ups in a row, with good technique	Fewer than 10	10 to 25	More than 25
Bodyweight Bulgarian split squat (per leg), without losing your balance	Fewer than 8	8 to 15	More than 15

TEST	BEGINNER	INTERMEDIATE	ADVANCED
Forearm plank, without your hips sagging	Less than 45 s	45 to 90 s	More than 90 s
5 jumps in a row, landing quietly with your knees aligned	I can't	I can, with a few mistakes	I always can

WHAT CHANGES BETWEEN LEVELS

	BEGINNER	INTERMEDIATE	ADVANCED
Sets per exercise	2 to 3	3 to 4	4 to 5
Reps	8 to 10 for strength	5 to 8 for strength; 3 to 5 for power	3 to 6 for strength; 3 for power
Effort	RPE 6 to 7	RPE 7 to 8	RPE 7 to 8
Rest between sets	90 s	2 min	2 to 3 min
Jumps and accelerations	No impact: landings, braking and easy accelerations	Jumps and short accelerations	Higher jumps and 20 m accelerations

When to level up: when you complete all the sets for your level with good technique and an effort of RPE 8 or less for two four-week blocks in a row.

When to step down: if you feel pain in your joints or tendons, if you lose your technique on the last reps or if your numbers drop two weeks in a row.

IF YOU MISS SESSIONS OR TAKE A BREAK

- **You missed a day:** carry on with the day that was next. Don't do two sessions on the same day to catch up.
- **You stopped for 1 or 2 weeks:** come back with one fewer set per exercise and a bit less weight. In a week or two you'll be back where you were.
- **You stopped for a month or more:** retake the level test and start at the level you get.
- **You got sick:** with a fever, aches all over or a chesty cough, don't train. With a mild cold and no fever, you can walk or do an easy session.

OTHER WAYS TO MAKE IT HARDER WITHOUT CHANGING LEVEL

- **Strength and jump pairing (advanced only):** do a set of your main exercise, rest 1 to 2 minutes and do 3 jumps with full power. The strength work "wakes up" the muscle and the jump comes out more explosive.
- Add a little weight: 1 to 2 kg (2 to 5 lb) on dumbbells or 2.5 to 5 kg (5 to 10 lb) on the barbell.
- Do one more rep within the range.
- Pause for 2 seconds at the bottom.
- Switch to the single-leg or single-arm version.
- Change only one thing at a time.

Your log: write down each exercise with the weight and reps of every set. If you go up a little each week, you're on the right track.

EXERCISE	WEEK 1	WEEK 2	WEEK 3
Example: barbell squat	60 kg (132 lb) · 5, 5, 5, 5	62.5 kg (138 lb) · 5, 5, 5, 4	62.5 kg (138 lb) · 5, 5, 5, 5

Read it like this: “8 kg (18 lb) · 12, 12, 11” is the weight you used and the reps you did in each set.

Thunderbolt's tip: every four to six weeks, retake the level test under the same conditions: same time of day, same warm-up and same surface. That way you'll know whether you've really improved.

Wilson never starts cold and never leaves without stretching.

Warm-up, cardio and stretching

Warm-up (10 to 12 min, all levels)



1 MOBILITY — 3 min



Hip circles 1 min
Hands on your waist, big circles, 30 s in each direction.



Wall ankle mobility 1 min
Foot a hand's width from the wall, bring your knee forward to touch it without lifting your heel. 30 s per leg.



Quadruped spine twists 1 min
One hand behind your head, turn your elbow up to the ceiling and back. 30 s per side.

2 ACTIVATION — 3 min



Glute bridge 1 min
Slow, squeezing for 1 second at the top.



Dead bug 1 min
On your back, arms up to the ceiling and knees at 90°. Stretch one arm and the opposite leg without your lower back leaving the floor; alternate.



Air squat 1 min
Slow, going as low as you can with good technique.

3 GET READY TO RUN AND JUMP — 4 to 6 min



Low skips 1 min
Jog on the spot lifting your knees a little, landing on the balls of your feet.



Butt kicks 1 min
Jog, bringing your heels up toward your butt.



Light hops in place 1 min
Small, quick hops, landing on the balls of your feet. Beginner: calf raises without hopping.



Progressive acceleration 1 to 3 min
3 runs of 15 to 20 m, the first at 50 %, the second at 70 % and the third at 90 %. Walk back.

Before the day's main exercise, do 2 to 4 warm-up sets with light weight.

Your warm-up is done when your body feels warm, your legs feel loose and you're breathing a little faster.

Final stretch (5 min)



1 **Lying figure 4**
on your back, cross one ankle over the opposite knee and pull that leg toward your chest. 30 s per side.



2 **Hip flexor**
in a lunge position with your back knee on the floor, push your hips forward. 30 s per side.



3 **Hamstring stretch**
on your back, raise one straight leg and hold it with your hands or a towel. 30 s per side.



4 **Calf stretch at the wall**
hands on the wall, one leg straight behind you with the heel on the floor. 30 s per side.



5 **Chest in the door frame**
forearm resting on the frame, turn your body the other way. 30 s per side.



Wilson's tip: after your hardest days, walk for 5 minutes before stretching. It helps your heart rate come down gradually.



Zapote trains 3 days a week, on the days you choose, with a rest day in between.

Home plan

You train 3 days a week, with a rest day in between. Day 1 is for strength, Day 2 for power and Day 3 for single-leg strength and endurance.

HOW EACH DAY WORKS

1. Warm up for 10 to 12 minutes.
2. Do the day's 5 exercises in order. Power and speed exercises come first, when you have the most energy.
3. Finish all the sets of one exercise before moving on to the next.
4. Rest between sets as your level says. In accelerations and jumps, rest as long as you need for the next one to be just as fast.
5. Do the cardio for your level and stretch for 5 minutes.

LEVEL	SETS	REPS	REST BETWEEN SETS	APPROX. TIME
BEGINNER	2 to 3	8 to 10	90 s	45 min with cardio
INTERMEDIATE	3 to 4	5 to 8 for strength; 3 to 5 for power	2 min	55 min with cardio
ADVANCED	4	4 to 6 for strength; 3 for power	2 to 3 min	65 min with cardio

In single-leg or single-arm exercises, the reps are per side. In accelerations, each rep is one run.

WHAT YOUR WEEK LOOKS LIKE

	M	T	W	T	F	S	S
EXAMPLE 1	Day 1	Rest	Day 2	Rest	Day 3	Rest	Rest
EXAMPLE 2	Rest	Day 1	Rest	Day 2	Rest	Day 3	Rest

Pick the 3 days that suit you best, always with a rest day between them.

DAY 1 Strength and acceleration

legs, chest and back

Acceleration: starting off and picking up speed over a few meters.

How to read this day: find the column for your level. Do the exercises in order, from top to bottom, and finish all the sets of one before moving on to the next. At the top of each column you'll find your sets, reps, rest and what weight to use. "3 × 12 to 15" means 3 sets of 12 to 15 reps. How to do each exercise, step by step, is in the catalog: the page number is next to each one. A word you don't know? Look it up in "Words you'll see", **p. 11**.

BEGINNER

2 to 3 sets × 8 to 10 reps · rest 90 s
Effort: RPE 6 to 7



1. **Easy acceleration** — TECHNIQUE P. 9



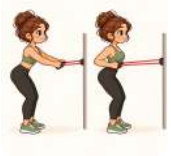
2. **Goblet squat** — TECHNIQUE P. 9



3. **Incline push-up** — TECHNIQUE P. 9



4. **Romanian deadlift** — TECHNIQUE P. 10



5. **Band row** — TECHNIQUE P. 10

INTERMEDIATE

3 to 4 sets × 5 to 8 for strength; 3 to 5 for power · rest 2 min
Effort: RPE 7 to 8



1. **10 m accelerations** — TECHNIQUE P. 9



2. **Goblet squat with pause at the bottom** — TECHNIQUE P. 9



3. **Push-up** — TECHNIQUE P. 9



4. **Romanian deadlift with dumbbells** + dumbbell — TECHNIQUE P. 10



5. **Single-arm dumbbell row** — TECHNIQUE P. 10

ADVANCED

4 sets × 4 to 6 for strength; 3 for power · rest 2 to 3 min
Effort: RPE 7 to 8



1. **20 m accelerations** — TECHNIQUE P. 9



2. **Bulgarian split squat with dumbbells**



3. **Feet-elevated push-up** — TECHNIQUE P. 10



4. **Single-leg Romanian deadlift with dumbbell** + dumbbell



5. **Single-arm dumbbell row with pause** — TECHNIQUE P. 10

Tip: in accelerations, lean your body forward and push the ground back with short, powerful steps. Don't try to take long strides from the very first step.

Zapote shows every exercise with its illustration, how to do it and the most common mistake.

Exercise catalog

Each exercise explains how to do it and the most common mistake.

Home



Easy acceleration

A short run, not all out. Standing, with your body leaning slightly forward, take off and run at about 70 % of your speed for 10 meters (about 12 long steps). Slow down gradually over 5 meters and walk back.

Common mistake: Stopping abruptly with straight legs.



10 m accelerations

A short run at full speed. Standing, with one foot forward and your body leaning, take off as fast as you can and run 10 meters (about 12 long steps). Slow down gradually, walk back and rest until you've caught your breath. Each run counts as one rep.

Common mistake: Running upright from the first step: the first steps are leaning, pushing the ground back.



20 m accelerations

A short run at full speed, 20 meters long (about 25 long steps or half a basketball court). Take off from standing, with one foot forward and your body leaning; run all out, slow down gradually and walk back. Rest 2 minutes or more before the next one: each run should be just as fast. Each run counts as one rep.

Common mistake: Cutting the rest short and turning it into cardio. If a run is slower, rest longer.



Goblet squat

Hold a dumbbell or backpack close to your chest. Go as low as you can with a straight back and stand up pushing through your heels.

Common mistake: Lifting your heels off the floor.



Incline push-up

Hands on a sturdy table or the edge of the couch, body in line. Lower your chest and push.

Common mistake: Letting your hips drop.



Push-up

On the floor, hands slightly wider than your shoulders. Lower your chest close to the floor with your body straight and push.

Common mistake: Flaring your elbows out to the sides at a right angle.



Feet-elevated push-up

A push-up with your feet on a step or sturdy chair.

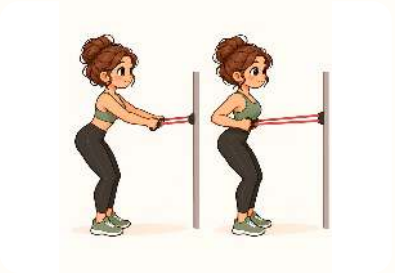
Common mistake: Arching your lower back.



Romanian deadlift

Standing, knees slightly bent. Push your hips back, lowering your hands or the weight close to your legs to mid-shin, and come up squeezing your glutes.

Common mistake: Rounding your back or bending your knees too much.



Band row

Band anchored at chest height. Pull your elbows back, close to your body, and squeeze your shoulder blades.

Common mistake: Shrugging your shoulders up to your ears.



Single-arm dumbbell row

One hand and one knee on the chair or couch, back straight. Lift the dumbbell toward your hip.

Common mistake: Twisting your torso to lift higher.

Canela says your health always comes first.

Before you start: your health first

This guide is for healthy people who already train and want to improve their performance; it doesn't replace an assessment by a doctor, physical therapist or trainer. Check with a professional before you start if:

- You're pregnant or gave birth less than 6 months ago.
- You have an injury, pain that won't go away or you're returning to training after surgery.
- You have high blood pressure or a heart condition, or you've ever fainted while exercising.
- Your period has stopped for several months, you've had stress fractures or you're losing weight without trying: these can be signs that your body doesn't have enough energy for the training you do.

Stop right away if you feel dizzy or have chest pain, shortness of breath that doesn't go away, sharp pain in a joint, tingling or loss of coordination. Muscle soreness in the following days is normal; stabbing pain is not.



Minchu explains every unusual word in the guide.

Words you'll see

If a word in the guide isn't clear, look it up here.

WORD	WHAT IT MEANS
Rep	Doing the movement once, all the way, for example going down and up in a squat.
Set	A group of reps done in a row, without stopping. “3 × 12” means 3 sets of 12 reps.
Range	The numbers you work between. “10 to 12” means at least 10 and at most 12.
Rest between sets	The time you wait between one set and the next of the same exercise.
Failure	When you can't do a single more rep with good technique. Getting close to failure helps you grow; reaching failure doesn't build more muscle and is more tiring. In this guide it's optional and only for machine or single-muscle exercises.
Main exercise	The heaviest exercise of the day at the gym. It goes first, when you have the most energy, and gets more rest.
Accessory exercises	The ones that complete the day after the main exercise, with less weight and more reps.
Warm-up sets	Short sets with light weight before the main exercise, to get your technique ready. They don't count as your sets.
Superset	Two exercises back to back, with no rest between them. You rest after finishing both.
Isometric	You hold still in one position and the muscle works without moving, like in a plank.
Pause	Holding still for 1 or 2 seconds at the hardest point of the movement.
Single leg or single arm	The exercise is done one side at a time. The reps are per side.
Hip hinge	Bending from the hips, pushing your butt back with a straight back, like in the Romanian deadlift.
Core	Your abs, waist and lower back: the area that keeps your torso firm.
Progressive overload	Gradually adding reps, sets or weight so your body keeps improving.
Deload week	An easy week every 4, with fewer sets and less weight, to recover.
Talk test	A way to tell if your cardio is moderate: you can say short sentences, but you can't sing.
RPE	The effort scale from 1 to 10. At RPE 8 you have about 2 more reps left.
Power	Strength applied fast, like in a jump or a throw.
Acceleration	A short run, 10 to 20 meters, at full speed, with full rest between runs.
Maximum intent	Doing every rep as fast and as hard as you can, even if the weight is light.
Zone 2	Long, easy cardio, at a pace where you can talk in short sentences.

Canela: this is a sample. The full guide takes you through 12 weeks, step by step.

Did you like Day 1? Get the full guide

High performance with Zapote includes the 3 home days and the 3 gym days for all 3 levels, the test to find your level, how to level up, the 12-week plan, the technique for every exercise with its illustration, habits, frequently asked questions and your printable log.

9 USD at **canelith.com/en/shop** → Training · or all 6 guides in the **Training pack**.

Want a routine built just for you? Book your **initial assessment** with our coach at **canelith.com/en**, Training section.



"Your body doesn't change in a day. It changes with every day you choose to come back."

Come back to this guide every time you level up. And if you want a plan made just for you, ask for **personal training** at **canelith.com/en**.

Canelith · Done well. Explained clearly.

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This guide is for information only and doesn't replace an assessment by a doctor, physical therapist or trainer.