



GET YOKED PHASE I

SHAPE YOUR BODY

INTRODUCING A FULL-BODY PLAN

- FOR COMPLETE BEGINNERS
- AND EXPERIENCED LIFTERS
- BUILD MUSCLE
- MORE ENERGY
- MORE MOBILITY
- LIVE BETTER



Jared Garay
@JaredHarmonized

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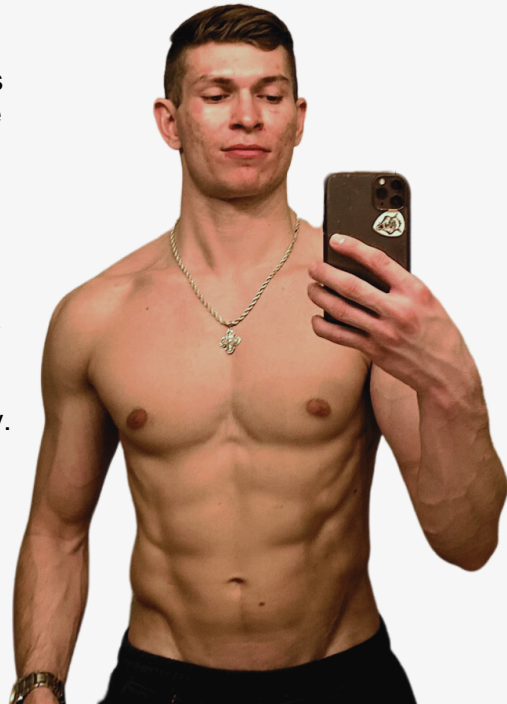
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INTRODUCTION

Hello, I'm Jared.

I'm a strong advocate for lifting weights and a daily-movement lifestyle. I have been lifting weights consistently since I was 14 years old. I have tried many different workout styles over the years. This program reflects the most effective concepts from over 12 years of training.

Most of my hobbies are physical activities, including: Jiu-Jitsu, snowboarding, sports, hunting, hot yoga, etc. I have designed this workout program to optimize for mobility, functionality and longevity. It is designed to help you achieve your peak athletic shape. Making running, jumping and lifting heavy objects feel effortless.



This program will help jumpstart positive changes in your health and wellness. I'm here to help you build discipline and passion as you pursue self-improvement.

Jared Garay

@JAREDHARMONIZED

THE FOUNDATION

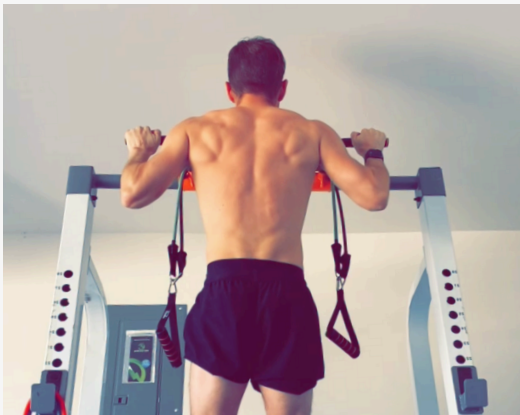
Some people spend over 2 hours in the gym EVERY day. One thing I noticed about these people; they rarely increase their strength. They hit the same weights every time and are doing difficult workouts without making any actual gainz. Two key factors hold them back:

- 1. They aren't improving on their lifts**
- 2. They do not have rest days to allow their body to recover**

On this program you are going to have 3 workouts per week. You will have around 5 exercises per workout, so you should complete it in 1-1.5 hours. I like to work out Monday, Wednesday, Friday, but you can squeeze them in however you want. Two things are very important:

- 1. You need at least one day of recovery between each workout**
- 2. YOU NEVER MISS A WORKOUT!**

This is easy to achieve, because you only have three workouts. However, because there are only three, you cannot afford to miss one... EVER. Here is one thing I do that helps; rather than squeezing workouts in when you have time... Instead, you have set times to workout; and you schedule the rest of your life around your workouts.



IMPROVEMENT

The only way to get stronger and build muscle is to **LIFT HEAVIER WEIGHT**. Plain and simple.

You will have several strategies to help achieve this. When you go to the gym, your objective should not be “work out till you are dead”. Your intension should be to **IMPROVE** on your **KEY LIFTS**.

Each workout you will have two key lifts (Heavy Hitters). It is critical that each week when you do these lifts, you have some form of improvement. Even if it's slight. This is an incremental process that takes time.

You can't jump from squatting 135 to 205 in a month. That is an unrealistic goal. However, over 6 months, that is an achievable goal. Chipping away 5 lbs. at a time.

If you focus on improving in **SMALL INCREMENTS**, you should be able to go 3-6 months before you reach a plateau. A plateau occurs when you cannot physically improve any more.

There are several forms of improvement:

1. **Improve your form**
2. **Decrease rest time in between sets**
3. **Increase the amount of reps per set**
4. **Increase the weight of a set**

Focus on improving one of these aspects on your key lifts **EVERY** week!

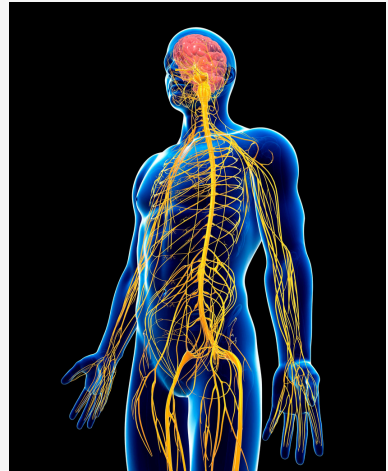
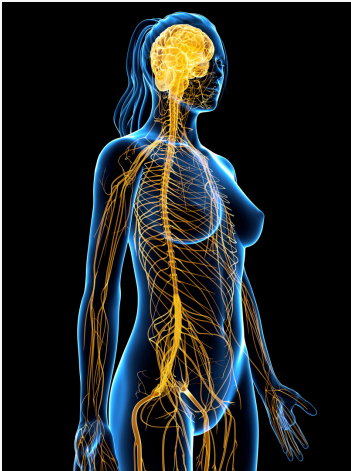
REST DAYS

Rest days and recovery are extremely important. They help you hit **PERSONAL RECORDS** (PR's) every single workout.

Some individuals believe they rest by alternating between upper body and lower body workouts. What they may not realize is that the most taxed part of the body is the **nervous system**. Without sufficient recovery for the nervous system, it becomes challenging to generate the extra push needed for weekly improvements.

Rest days are also the time when your muscles are recovering and essentially building. Give your body time to grow!

GOOD SLEEP is essential for recovery. Aim for quality sleep before and after your workouts. I've found that even after a few drinks the night before, I can still achieve personal records (PR's). However, if I don't get enough rest, I often struggle to hit my PR's the next day.



**HELP YOUR NERVOUS SYSTEM RECOVER
WITH REST DAYS AND GOOD SLEEP**

TRACKING

Another crucial aspect is tracking your progress. This is essential for ensuring improvement and monitoring your development. You can keep a notebook to jot down your workouts or you can use the notes app on your phone. The key is to track consistently!

Each workout you will check your notes to see what you recorded the previous week. Pick one area to focus on improvement for your current workout.

Three things you will be tracking for every exercise:

1. **Weight of EACH SET**
2. **Reps for EACH SET**
3. **Rest time between EACH SET**

Weighted dips 6, 8, 10 HH, 3 min rest	47.5(6) 27.5(10) BW(12) good form!
Backwards Sled	7X 45 lbs plates
DB incline bench 6, 8, 10 HH, 3 min rest	65(6) 65(8) 60(10)
Hammer curls 6, 8, 10 HH, 2 min rest	30(6 8 10)
Rope Pull downs 12, 10, 8 REST PAUSE	80* 15 6 6 6 6
Bent over rows REST PAUSE	40+next next WOW
ATG Split Squats	20(25)
Bent over flyes REST PAUSE	17.5(14 6 6 6 6)
RDL WAR REPS	20+ (12 12 12)

**EX: THIS IS HOW I TRACK MY
WORKOUTS IN MY PHONE NOTES**

DIET

The sad truth... to acquire the physique we all want is nearly 80% diet and 20% working out. This program will help you build muscle density and a strong foundation; however, if you want to get shredded and melt away your fat then you **must** clean up your diet.

A common misconception is, going to the gym will help you lose weight and get rid of your belly. This is simply not true! The gym is for building muscle and endurance. If you want to lose fat then it starts in the grocery store and the kitchen.

I used to think being in a calorie deficit was the most important thing. After I changed to an animal-based diet, I think the quality of food is much more important than the calorie deficit.

Here are some guidelines:

- 1. Stop eating fast food. Buy and cook whole foods.**
- 2. Avoid/eliminate seed oils. Use animal fats and avocado oil.**
- 3. Avoid/eliminate refined sugars. Replace with fruits and honey.**
- 4. Minimize/eliminate grains. Replace with organic potatoes.**
- 5. Minimize/eliminate alcohol.**

By incorporating these dietary changes, you'll opt for higher quality, whole foods that keep you feeling full and satisfied for longer periods. This reduces food cravings, making it easier to maintain a calorie deficit and that will help melt away your fat!

If you still struggle to lose weight; calculate your maintenance calorie level, count your calories and make sure you stay in a calorie deficit.

Maintenance Calorie Calculator:

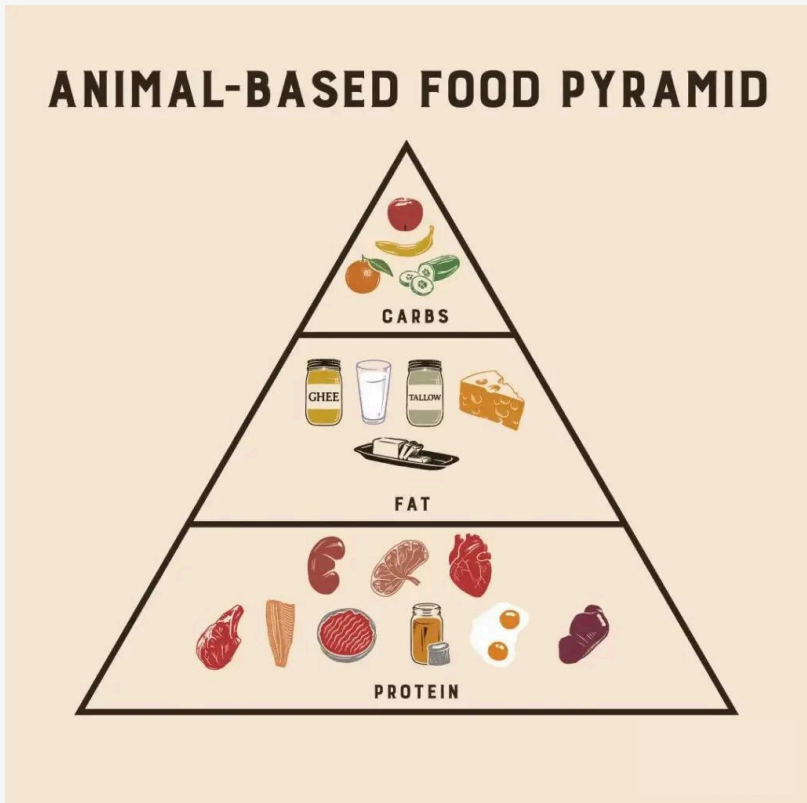
<https://www.calculator.net/calorie-calculator.html>

Consume between your "weight loss" and "maintain weight" levels from the above website. Avoid doing an extreme calorie deficit, because you will struggle to build muscle.

DIET

COMING SOON...

- Introducing the Harmonized Diet
- The Ultimate Harmonized Diet Guide
- Harmonized Cookbook
- Advanced Training Programs
- Bodyweight Training Program



CARDIO

If you are trying to lose weight, I would tell you to **STOP** running. I know it sounds crazy, but usually running makes it more difficult to lose weight.

This is because, when you do intense exercise like running, you expend yourself and it makes you really hungry. Then you are more likely to overeat and go over your maintenance calorie level. This is why you see so many overweight people in the gym running on the treadmill EVERYDAY and they never lose weight.

The gym is for building muscle and endurance.

The kitchen is for losing weight.

The best form of cardio is WALKING. 10,000 steps per day seems to be the magic number for helping you burn fat without making you overly hungry. Any extra steps over 10,000 will help even more.

If you are running to improve your cardio or because it makes you feel good. I totally understand. I get a similar feeling from yoga and jiu jitsu. With that in mind, be conscious of the fact that it will make you more hungry and do your best to not overeat.

Do what makes you feel best! Now you know what happens when you run. Be conscious of the hunger that comes after running. And if you can control your appetite and eat clean after running then you can really get LEAN!

THE WORKOUTS

Begin this program with light-weight for each lift. This allows you to focus on your form and leaves plenty of room for improvement. By making initial gainz with ease, you'll build **MOMENTUM**, enabling you to push boundaries and postpone reaching a plateau.

THE CORE BRACE:

One concept that I discovered recently is the core brace, and it has changed the game! Before every exercise, find your proper posture and body alignment. The core brace should be engaged before the working-motion of the lift ex: pushing on bench & pulling on pull-ups.

To engage the core brace flex your abs and squeeze in your core. This will help stabilize the rest of your body and allow you to isolate the muscles you are targeting for this exercise. To further improve your core brace, engage your lower back as well. This will give you two forces from both sides of your core stabilizing the rest of your body. You should be incorporating the core brace on **EVERY** lift.

To better understand this concept view these tutorials:

[Core Brace Tutorial](#)

[Core Brace with Lower Back](#)

This program offers two distinct training styles: Heavy Hitters and War Reps. Each style is tailored to maximize efficiency for specific muscle groups. I'll outline these styles and instruct you on when to use each one for exercises. It's crucial to grasp the concepts behind each style to understand the goals of every set.

THE WORKOUTS

HEAVY HITTERS (HH):

This is a form of reverse pyramid style training (like drop sets). It is going to be used on all your **KEY LIFTS** each workout. These are your most important lifts so mentally prepare yourself each day to **IMPROVE** on these lifts. Always warm up before these workouts because your first set is your heaviest. We start heavy because that is when you have the most energy and you are ready to hit a **PR**.

- The reps per set will often be 3-5, 4-6, 5-8.
- Your first set is the heaviest, 3 to 5 reps.
- Second set, you drop weight by 10% and increase reps 4 to 6.
- Third set, drop weight by 10% and increase reps 5 to 8.
- 2-3 minutes rest time in between sets (Use timer on your phone).

It is critical that you have some form of improvement on every HH!

Disclaimer: I did this program for six months and for all my Heavy Hitters I was able to improve **EVERY SINGLE** week. I went into the gym each day **KNOWING** I was going to improve, and with that focus, it is pretty darn easy!

Ways to improve:

The easiest way to improve is add an extra rep to your 3rd set each workout until you can hit all 8 reps. Once you get 8 reps, then next week you increase your reps on the 2nd set. Keep adding reps, until you get your second set to 6 reps. Often, on the 2nd and 3rd sets you can improve by 2-3 reps per week.

Once you are hitting 6 reps on the 2nd set, and 8 reps on the 3rd set, now improve on your first set. (Make sure you have a spotter if you think you need one. We are pushing our limits and it is best to be safe. Don't be afraid to ask someone in the gym for a quick spot, you should only need it for the first set).

Push yourself and get that extra rep on that first set. Keep doing that until you get to 5 reps on your first set. At this point you worked up to 5, 6, 8. Max reps per each set Good job!

Now you increase the weight of each set by 5lbs and start over. After increasing weight, you will likely only hit 3, 4 and 5 reps. Perfect, that leaves room for improvement!

THE WORKOUTS

WAR REPS (WR):

For this style you do not want to use heavy-weight that will burn you out. You will be doing 3 sets of 8-12 reps using the same weight each set. Only 1-2 minutes of rest time. Improvement is not as critical on War Reps; however, I still tried my best to improve somehow each week.

Ways to improve:

1. Increase your reps until you are hitting 3 sets of 12 at 2 minutes rest time.
2. If you can hit three reps of 12 decrease rest time from 2 minutes to 1 min 30 seconds. If you still get 3 sets of 12, then next week, decrease rest time to 1 min.
3. After you get 3 sets of 12 at 1 min rest time, increase your weight by 5 lbs.
4. Sometimes you will need a little more rest on your last set. That is fine. Try to improve the following week.



WORKOUT A

Monday (Legs):

Exercise, Style , Recommended starting weight	Reps; Rest time
Dumbbell Bulg. Split Squats, Heavy Hitter , 10lbs	Each leg (3-5, 4-6, 5-8); 2-3 min
Barbell Romanian Dead lifts, HH , 75lbs	4-6, 6-8, 8-10; 2-3 min
Leg Extensions, War Reps , 30lbs	8-12, 8-12, 8-12; 1-2 min
Machine Calf Raises, WR , 75-100lbs	8-12, 8-12, 8-12; 1-2 min
Standing Dumbbell Curls, WR , 10 lbs	8-12, 8-12, 8-12; 1-2 min

Example for the bulg. split squats:

Warm up with two sets of 5 each leg

Frist set, hold a 10lb dumbbell in each hand get your 5 reps.

Wait 3 min

5lb dumbbells for 6 reps

Wait 3 min

Bodyweight for 8 reps

Next week start with 15lbs, then 10lbs, then 5lb

NOTES:

If you have access to a weighted sled, start and finish every workout by pulling the sled backwards for 3 sets. This is one of the best exercises for building knee strength and stability. It is also a great warmup for leg day.

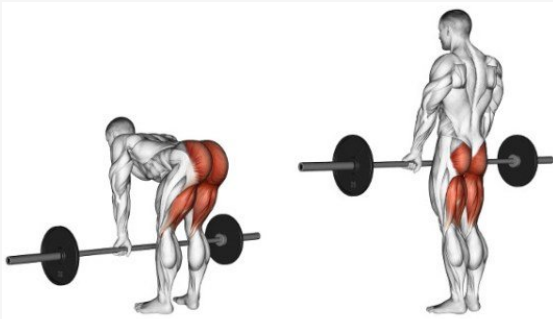
Your starting weight should be easy to improve the first month. If you think the recommended weight is too heavy, start a little lighter.

WORKOUT A

NOTES:

Bulgarian Split Squats: This will be one of your most challenging exercises. They are great for building your quads, glutes and VMO.

Romanian Deadlifts (RDL's): Keep your back straight, shoulders back and stick your butt out. Make sure you are pivoting at the hips.



Leg extensions: Really flex your quads and hold 1-2 seconds at full extension for each rep.

Standing Dumbbell Curls: Hold your arms out at 45 degree angles. This will make it more difficult to cheat. Try to stabilize your elbows and only use your bicep.

WORKOUT B

Wednesday (Upper Body):

Exercise, Style , Recommended starting weight	Reps; Rest time
Dumbbell bench press, Heavy Hitter , 20lbs	3-5, 4-6, 5-8; 2-3 min
Dumbbells Overhead press, HH , 15lbs	3-5, 4-6, 5-8; 2-3 min
Assisted dips or Bench Dips, War Reps , Bodyweight	8-12, 8-12, 8-12; 1-2 min
Dumbbell Lateral Raises, Dumbbell Lateral Raises, WR , 5lbs, 5lbs	8-12, 8-12, 8-12; 1-2 min
Tricep Extensions, WR , 10lbs	8-12, 8-12, 8-12; 1-2 min
Tibialis Raises, WR , Bodyweight	8-12, 8-12, 8-12; 1-2 min

Example for bench press:

Warm up with 5lbs dumbbells 10reps

Frist set, 20lb dumbbell each hand 5 reps

Second set, 15lb dumbbells 6 reps

Third set, 10lb dumbbells 6 reps

Next week, same weight, but get all reps 5, 6 and 8.

Following week, go up in weight.

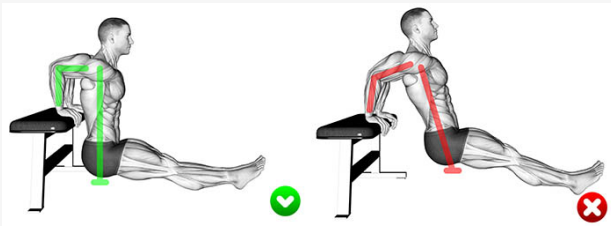
NOTES:

Dumbbell Overhead Press: is a difficult and taxing workout. This will probably be your toughest heavy hitter to improve on so don't get discouraged if you have trouble. It might take two weeks to get an extra rep. Grind hard on these, muscular shoulders really make your physique pop.

WORKOUT B

NOTES:

Dips: Start with bodyweight bench dips. Once you are ready to improve add weight to your lap. Or switch to an assisted dip machine. The assisted dip machine will come in clutch to help build up your dips and chin-up strength. Feel free to start with the assisted dip machine if your gym has one.



Lateral Raises: are great for boulder shoulders. Find your proper posture and body alignment. Feet shoulder width, roll your shoulders back and engage your core. If you have trouble completing your sets, try doing one arm at a time.

Tricep Extensions: You can use dumbbells or cables, whatever you prefer. Use a core brace to stabilize your body and your elbows. Try not to let your elbows move and focus on using your triceps to complete each rep.

Tibialis Raises: This is one of the most underrated exercises for building your calves. The anterior tibialis is on the front side of your shin and helps balance out your calves (similar to the bicep/tricep relation). If you want to grow bigger calves, you must grow your anterior tibialis.

Tutorial:

[Tibialis Raise Tutorial](#)

WORKOUT C

Friday (Back & Booty):

Exercise, Style , Recommended starting weight	Reps; Rest time
Squats, Heavy Hitter , 95lbs	3-5, 4-6, 5-8; 2-3 min
Chin-ups, HH , Bodyweight first set then assisted	3-5, 4-6, 5-8; 2-3 min
Good mornings, War Reps , 20lbs	8-12, 8-12, 8-12; 1-2 min
Seated Rows, WR , 30lbs	8-12, 8-12, 8-12; 1-2 min
Hip Thrust, WR , 65lbs	8-12, 8-12, 8-12; 1-2 min

Example for chin-ups:

Warmup with 50lbs assisted 6-8 reps

Warmup with 25lbs assisted for 2-3 reps

Frist set, Bodyweight 4 reps

Second set, 20lbs assisted 5 reps

Third set, 40lbs assisted 6 reps

Next week: same weight; 5 reps, 6 reps, 8 reps

Following week:

5 reps bodyweight

15lbs assisted 4 reps

35lbs assisted for 6 reps

NOTES:

If you have access to a weighted sled, start and finish every workout by pulling the sled backwards for 3 sets. This is one of the best exercises for building knee strength and stability. It is also a great warmup for leg day.

WORKOUT C

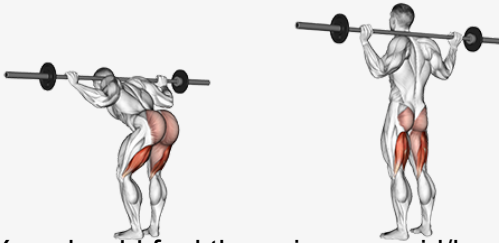
NOTES:

Squats: Make sure and get that ass to grass. The seams of your leggings need to be at 90 degrees and its usually lower than you think. It is so important to get low. You have more gainz doing lightweight reps with some really good depth than heavy weight half reps. When you go all the way down it engages the glutes and more muscles in your legs. If 95lbs is too heavy to get all the way down start lighter.

Chin-ups: First set, get as many as you can bodyweight. (If you cant do 3, start with assisted) Then switch to assisted. This is opposite though because adding weight helps you. So instead of removing weight, you add weight each set. If the assisted dip machine never comes available, you can use exercise bands to assist you. Once you achieve full reps you improve by decreasing the amount of weight assisting you. Eventually you can add weight:

[Chin-up Progression Tutorial](#)

Good Mornings: Back straight and shoulders back. Make sure when you do these you are feeling the burn in your glutes.



Seated Rows: You should feel these in your mid/lower back. Start with light-weight to make sure you have good form. Back straight and shoulders back. Don't forget to core brace before you pull.

Hip Thrusts: Hold at the top of each thrust and squeeze your hamstrings + glutes for 1-2 seconds each rep.

Hit me up if you have any questions. Make some killer gainz and lets get YOKED!

DISCLAIMER

Keep this in mind:

This program is designed to help you get the most out of life. Giving you more energy, mobility and strength. It is designed for longevity so you can enjoy life to the fullest, well into your old age. Hopefully this program will start a chain reaction leading to more healthy habits in your lifestyle.

Also, I am not a doctor or medical professional. The contents in this guide are for entertainment purposes only. The author strongly recommends that you consult with your physician before changing your diet or lifestyle. The information presented is the author's opinion and does not constitute any health or medical advice. The contents of this guide is for informational purposes only and is not intended to diagnose, treat, cure or prevent any condition or disease.

CONCLUSION

What's Next?

This is the beginning of something great. Thank you for downloading this program! I really hope you enjoyed what you learned as you embark on this journey of self-improvement. If you incorporate any dietary/lifestyle changes, please tag me in any posts, send me an email, or leave me a comment on my videos with your thoughts!

Also- You might be wondering, "what's next?" Well, if you are serious about improving your health and are eager to learn more, make sure to take a look at my more in-depth guide! It's linked below :)

Access The Ultimate Harmonized Diet Guide - Discover the ultimate guide to effortless weight loss and healing the body from the inside out with an animal-based diet. Learn precisely what to eat, what to avoid, and much more—all backed by over 150+ scientific studies. The best part? I continually update this comprehensive guide with new chapters at no extra cost to you! Let this guide be your roadmap to achieving an athletic, shredded physique and six-pack abs.

I genuinely appreciate your support and interest in improving your health the same way I have! I'm wishing you very the best!

