



Willpower Workout for Weight Loss

By [Lance Goyke](#)

An Introduction

Exercise does more than you think it does.

Sure, exercise is critical for your health: a durable heart, strong muscles, good balance... the whole shebang. This is the stuff you already know.

What I'm here to tell you, though, is that exercise also increases your willpower.

Think about that. Exercising can make it *easier* for me to stick to my diet? Sounds crazy, but it's true.

This program has been a long time coming. There are a lot of decisions to make when you're trying to put together something that can help just about everyone. But I've combed the research and drawn on my coaching experience to come up with something I think you'll really enjoy.

I've put a lot of work into this program, so thank you. Thank you for making it worthwhile.

I've tried to make everything as clear as possible, but if you're unsure about anything, don't hesitate to ask. The best way to reach me is by email (lance@lancegoyke.com).

Here's to fitness,

Lance

A handwritten signature in black ink that reads "Lance Goyke". The signature is fluid and cursive, with the first name "Lance" being larger and more prominent than the last name "Goyke".

Warm Up (do this every day before your workout)

Release

Lacrosse Ball	Frequency	Reps	Timing
Pecs	Daily	20-40 seconds	Pre-workout
Lats	Daily	20-40 seconds	Pre-workout
Deep Hip	Daily	20-40 seconds	Pre-workout

Reset

Exercise	Sets x Reps	Tempo	Comments
All Four Belly Lift	3 x 4-5 breaths per side	1:2:1 inhale:exhale:pause	Start with Level 1 in the video. Try Level 2 and 3 as able.

Readiness

Exercise	Repetitions	Comments
Leg Lowering with Band Pulldown	1 x 10 per side	Keep your back in the ground
Sit Back on Heels Rotation w/ER and IR	1 x 5 each	
Walking Spiderman with Overhead Reach	1 x 8 per side	
Goblet Squat with Heartbeat	1 x 10	

Lance's Notes

- Workout 3 days each week.
- Do the warm up (this page) every day you work out.
- Alternate between Day 1 and Day 2 for the rest of the workout.
- There are columns for weeks. Given this plan, you will do Day 1 twice in week 1, then Day 2 twice in week 2, etc.

For example:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Day 1, week 1	Rest	Day 2, week 1	Rest	Day 1, week 1	Rest
Rest	Day 2, week 2	Rest	Day 1, week 2	Rest	Day 2, week 2	Rest
Rest	Day 1, week 3	Rest	Day 2, week 3	Rest	Day 1, week 3	Rest
Rest	Day 2, week 4	Rest	Day 1, week 4	Rest	Day 2, week 4	Rest

- The exercises have links to videos that show each specific exercise.
- The comments section is a short description to improve your exercise technique.
- The rep schemes are written like “sets x reps”. For example, “3x6” means “3 sets of 6 reps”. If a rep scheme says “/s”, it means do that many reps on each side.
- Rest should be taken after each exercise. The amount of time you should rest is listed in the rightmost column.
- A1+A2 and B1+B2 are exercise pairings. You should still rest after each A1 and after each A2, but you should finish all sets of A1+A2 before moving on to B1+B2. Then you should finish all sets of B1+B2 before moving on to C. Then you should finish all sets of C before moving on to the Regenerate section.
- The Regenerate section is your “conditioning” exercise. These are focused on building endurance and keeping your heart healthy.
- I hope you enjoy this. If you have questions, email me at lance@lancegoyke.com.

Reactive

Exercise	Sets/Reps	Comments
Side-to-side Medicine Ball Shakes	6 x (6 sec on : 30 sec rest)	Shake as fast as possible. Keep torso still.

Resistance

Exercise	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
A1) Goblet Squat	3010	3x12	4x12	4x10	3x10	Keep feet like tree roots in the ground. Squat butt down.	60-90 sec
A2) 1 Arm Dumbbell Floor Press	3010	3x12/s	4x12/s	4x10/s	3x10/s	Keep your back stable in the ground. Keep shoulder blade packed into your body throughout the press.	60-90 sec
B1) Tempo Split Squat	3030	2x12/s	2x12/s	3x12/s	3x12/s	Slow down, slow up. No pausing at the top or the bottom.	60 sec
B2) Inclined Push Up	3011	2x12	2x12	3x12	3x12	Make your arms long at the top. You want a straight line from head to heel.	60 sec
C) Supine 3 Month Breathing with Band Pulldown	ISO	3x6	3x6	3x8	3x8	Reps = # of breaths. Keep your back stable in the ground. Try to "breathe into the ground".	30-60 sec

Regenerate – [Tempo Push Up](#)

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	40 s.	40 s.	3	Slow down, slow up. No pausing at the top or the bottom. Don't hold your breath. Incline your hands as needed to get all of the reps (like with a bar in a rack or on a bench).
Week 2	40 s.	40 s.	4	
Week 3	40 s.	40 s.	5	
Week 4	40 s.	40 s.	5	

Reset

Exercise	Sets/Reps	Tempo	Comments
90-90 Supine Breathing	2 min	1:2:1 inhale:exhale:pause	Feet on wall. Hips and knees both bent to 90 degree angles. Breathe slowly with full exhale. Take breath into the ground.

Reactive

Exercise	Sets/Reps	Comments
Toe Drops	3x5	Get tall on toes, then stop as fast as possible

Resistance

Exercise	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
A1) Kettlebell Romanian Deadlift or Kettlebell Deadlift	3010	3x12	4x12	4x10	3x10	Soften knees, then fold over and push butt back. You should feel your hamstrings and glutes working during this exercise. If you have trouble feeling your hamstrings working, stick with the Romanian Deadlift this month and practice practice practice.	60-90 sec
A2) 3-Point Dumbbell Row (foot, hand, and knee)	3111	3x12/s	4x12/s	4x10/s	3x10/s	Reach through the bench with the support arm. When rowing, first pull shoulder back, then let the elbow follow. Don't row past your torso. You should feel your upper back muscles working.	60-90 sec
B1) Ipsilateral Single Leg Romanian Deadlift	3010	2x12/s	2x12/s	3x12/s	3x12/s	Reach way behind you with the free leg.	60 sec
B2) Half Kneeling Cable Row	3111	2x12/s	2x12/s	3x12/s	3x12/s	Keep head stacked on top of shoulders stacked on top of hips stacked on top of the knee on the ground. When rowing, first pull shoulder back, then let the elbow follow. Don't row past your torso. You should feel your upper back muscles working.	60 sec
C) Dead Bug	151	3x6/s	3x6/s	3x8/s	3x8/s	Set left mid/low back into ground with exhale. This is your reference point with the earth. Don't lose this reference as you do exercise. Extend leg and opposite arm out, hold position for a 5-count, then return to start and repeat on opposite side.	30-60 sec

Regenerate – [Tempo Potato Sack Squat](#)

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Week 2	40 s.	40 s.	4	
Week 3	40 s.	40 s.	5	
Week 4	40 s.	40 s.	5	

Reset

Exercise	Sets/Reps	Tempo	Comments
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What should I do next?

Those who try to make life better for everyone without having learned to control their own lives usually end up making things worse all around.
-Mihaly Csikszentmihalyi

When I wrote up the Willpower Workout, my goal was to help you get control of your life. The first step on that journey is health.

If you don't think this whole exercise thing is for you, then no hard feelings.

If you want to know where to go next in your exercise journey, [continue this program](#).

**CLICK HERE TO GET THE NEXT
3 MONTHS OF WORKOUTS**

I've made this program as simple as possible, breaking down everything into the specific movements, sets, reps, order, and types of conditioning work that are optimal for someone starting their weight loss journey.

You know what, if you sign up now, send me an email (lance@lancegoyke.com). Then, after you've finished the 4th month of the Willpower Workout for Weight Loss, I'll reach out to you and give you a free assessment.

These more formal assessments are what I use when I need to give someone really specific advice. I hate seeing someone build up a lot of steam and lose a ton of weight only to disappear off the face of the planet. This assessment will be a great way to figure out what you should do next so that your progress doesn't stop.

Alright, take care of that, send me an email, and go start month two!

Lance

