

The

K*I*S*S*

Fitness Program

---Up and Down---

Stephen J. Winter, Ph.D.

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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For further information about the K*I*S*S* series of fitness and exercise programs, go to:

www.kissfitnessprogram.com

K*I*S*S* Upper Body “Up and Down” Routine

There is a neat way to make the normal routine of supersets in the [K*I*S*S* Fitness Program](#) significantly harder. I recommend this for the person who would like to get a **very serious workout** and for whom the standard routine isn't quite enough. This procedure is probably best applied to the upper body exercises.

Assume, for example that you are at Level 5. The “Up and Down” routine will look like this:

Superset #1	3 pushups, 1 pullup
Superset #2	6 pushups, 2 pullups
Superset #3	9 pushups, 3 pullups
Superset #4	12 pushups, 4 pullups
Superset #5	15 pushups, 5 pullups
Superset #6	12 pushups, 4 pullups
Superset #7	9 pushups, 3 pullups
Superset #8	6 pushups, 2 pullups
Superset #9	3 pushups, 1 pullup

This works for any Level. The idea is to do the normal superset routine to your maximum Level but not stop at the hardest superset. In addition, do all the supersets **in reverse order**. With the exception of the very last superset, all supersets will be as hard as the previous one on the way down. This is a **great upper body workout!**

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.