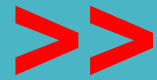


5 Minutes Training

< Simplicity is the Trademark of Genius >



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The information provided is not intended to replace professional private medical advice from a qualified healthcare professional, and **does not** constitute a **medical** recommendation!

ABOUT ME >

Calev Kafri, the developer and founder of the method, boasts over 22 years of experience formalizing and utilizing it, holding 2 patents in the fitness field. His extensive background includes military preparation, training during combat service, commander training, preparation for military contests, and participation in a Ministry of Defense anti-terror warfare course, among other experiences.

1. Over 22 years of fitness experience
2. Over 12 years of military & security experience
3. And 2 patents in the fitness field



The method was created and refined to address the persistent time **constraints** faced by individuals juggling studies, work, family, and childcare. It is particularly suitable for those leading sedentary lives and frequent travelers, making it challenging to commit to traditional gym-based training or rely on specialized equipment that cannot be easily transported.

Calev is **currently** immersed in digital **entrepreneurship**, navigating a world of frequent **travel**. His fitness training method, 5MT, has garnered an **excellent** response, proving effective for individuals leading dynamic lives filled with travel and demanding workloads.



The method is very simple,
and its brilliance is found in this
simplicity, tested over **22** years,
achieving impressive results such as

1. Attainment of a muscular and attractive physique
2. Performing over 150 push-ups bars
3. Executing more than 55 pull-ups
4. Completing more than 350 diamond push-ups
5. Weight loss and reduction in body fat percentage



Advantages of the method:

1. Great time saving (5 Min Only)
2. Not dependent on machines and weights
3. Training can be done anywhere
4. High fitness can be reached
5. Not dependent on machines and weights



Description of the 5MT method's principles

4 method principles:

1

Perseverance



2

Effort



3

Rest

4

Eating

1. The “Perseverance” principle >

Perseverance – this is the most **important and hardest** principle, and lack of perseverance is the main problem with most trainees and the main reason why they do not reach reasonable and high fitness levels.

Without perseverance, it is **impossible** to achieve moderate and high physical fitness – no matter what training method you use.



For the sake of persistence, it is important to establish a **habit**. It typically takes **about a month** to form an initial habit.

Start with small steps – don't exert too much force or effort, even beginning with just a minute of training a day – but do it consistently **every day**.

General “perseverance principle” summary:

1. The minimum of workout days: 3 workouts a week
2. The maximum of workout days: 6 workouts a week
3. The maximal length between workouts: 3 days



2. The “Effort” principle >

The second most important principle. Here, too: without effort, fitness cannot be built, and of course a high fitness level cannot be reached.

And the essence of our method is to concentrate very high efforts in a relatively short time period.

Mega-Set Rule: This means that the workout consists of one large, long, continuous approach without breaks. ONE Mega-Set!



Mega-Set Rule >

5 Minutes

Start the timer. The goal is to reach a state where you can perform a 5-minute exercise without stopping, continuously and with great effort. It's very challenging

MEGA SET

High Effort

Without Breaks

Constantly, without a break. Even if you fall or can't continue, and the timer is still active, relax your body for a few seconds and resume until you reach 5 minutes.

You should feel the effort, at least 70% of the difficulty. If it seems easy, increase the effort and difficulty.

Example Exercises

Since this is a very short workout that requires significant effort in a short amount of time, we will prioritize exercises that **activate multiple muscle groups** to achieve maximum effectiveness for the whole body.

All the exercises listed below are quite challenging when performed correctly with a **full range** of motion for 5 minutes.

Here are a few examples of classic exercises that engage multiple muscle groups >>



Upper Body Exercises:

1. Pull-Ups (rising to touch the chest and slowly lowering until the arms are almost straight) > This exercise focuses on the muscles of the back and the front part of the arms but also activates the chest, shoulders, forearms, abdomen, and the back arm.

2. Push-Ups (ensure you feel the abdominal muscles engaged during the exercise; lower slowly to touch the floor and immediately begin to rise; perform the ascent until you feel tension in the back) > An exercise that targets the chest and the back arm, also activating the abdominal muscles, shoulders, trapezius, and back.

Lower Body Exercises:

1. High Jumps (jumping on tiptoes to touch the knees to the chest) > Emphasizing the quadriceps, this exercise also activates the gastrocnemius muscle of the legs and adjacent muscles, including the muscles of the back of the legs and more.

2. Static Squat (as if sitting on an invisible chair, legs positioned as if sitting directly on a chair, back straight, hands not touching the legs, leaning against a wall or column, on tiptoes until you feel tension in the quadriceps) > An exercise with a focus on the quadriceps but also activating gastrocnemius muscle and adjacent muscles.

IMPORTANT!

A 5-minute Mega-Set workout is a **very challenging** exercise. Even experienced athletes often find it difficult to perform this type of training.

That's why sometimes, for several days, you may not be able to return to training due to muscle soreness.

It's important to start gradually. Begin with one minute and add time each time, for example, every two weeks, based on the feel of your body.



3. The "Rest" principle >

Rest and adequate sleep are essential for bodybuilding and strengthening. The body requires time to rebuild itself after exertion and stimuli. Less than 6 hours of sleep is not recommended.

It is crucial to heed the body's signals. If there are muscle pains, it is important to allow the body to rest, even if it means skipping a workout day.

Without good rest and good sleep, it will be very difficult for us to achieve high accomplishments.



Up to 6 workouts can be done in a week. Allow the body to rest for at least one day a week. If there is a desire to work out every day, it should be done alternately: an upper body workout one day, a lower body workout the next day, and so forth.

This way, even with daily training, a specific muscle group gets a day of rest while another muscle group is engaged.

Summary of the "Rest" principle rules:

1. A minimum of 6 hours of sleep per night
2. A minimum of 1 rest day per week
3. A rest day for the muscle group that was exercised



4. The “Eating” principle >

Eating is necessary and very important for bodybuilding, increasing muscle mass and weight maintenance.

Remember! Without a good and balanced eating, it will be very, very difficult for you to build a beautiful and muscular body, if you manage to do so at all.

Some important rules >>



1. **Eating To Satiation:** the most important “eating” principle rule – “iron rule”. We often eat more than what the body needs and this causes fattening, even if we workout. Listen to the body, sense when it signal that is satiated, and stop.
2. **Eating When Hungry:** eat and listen to the body. The body knows when it needs food and when it needs to stop – listen to it, especially during training. The more intensive the training – the greater the appetite will be and the body will require more food.
3. **Eat From All Food Groups:** eating natural and diverse food, from all food groups in order to give the body the main things it needs to build the body and muscles.



AND: Increase protein intake, Minimize sweet consumption, Minimize dough consumption.

If you love sweets, chocolate, or dough – **don't completely deny yourself**, just significantly reduce your consumption. Because eventually, your body will demand its share.

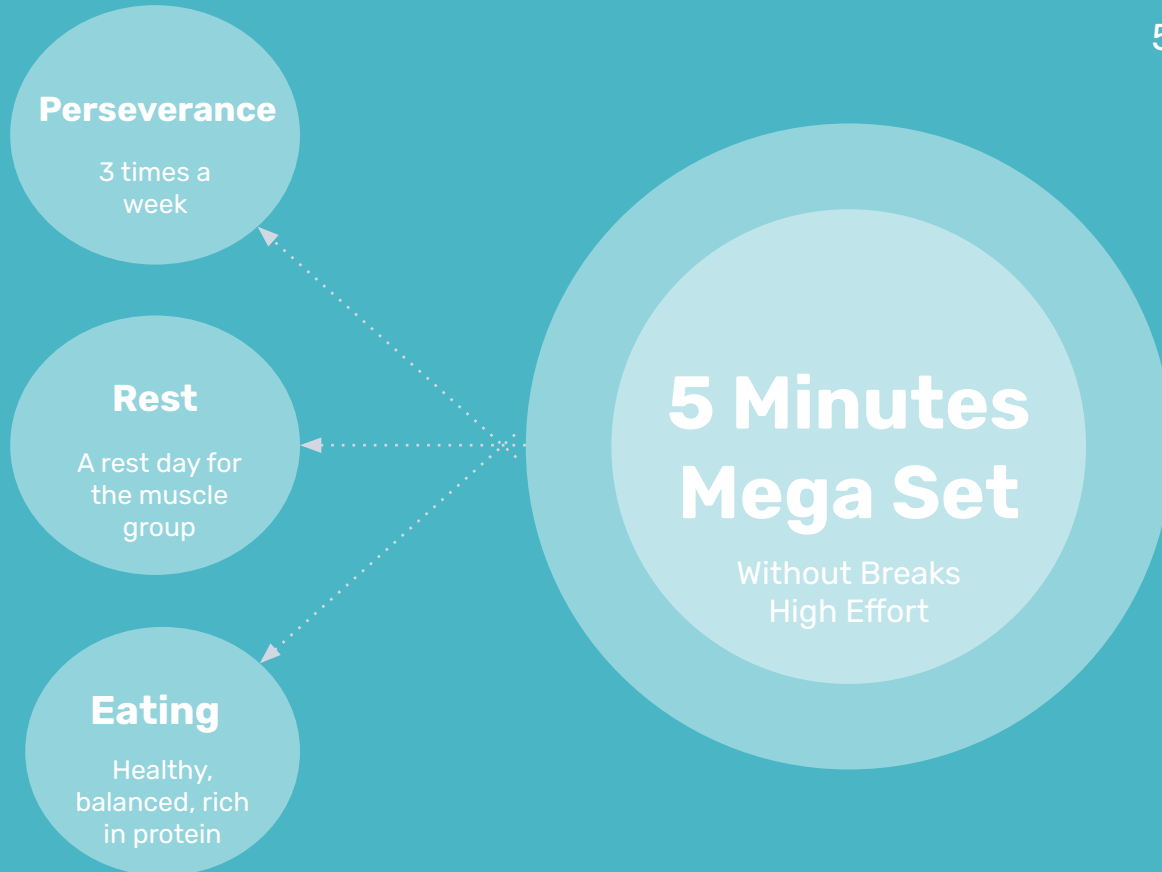
“Eating principle” rules summary:

1. Eating until satiation: if you are satiated – stop.
2. Eating when hungry: if you are hungry – eat.
3. Eating natural food from all food groups.



SUMMARY

5 Minutes Training



Warming up before training

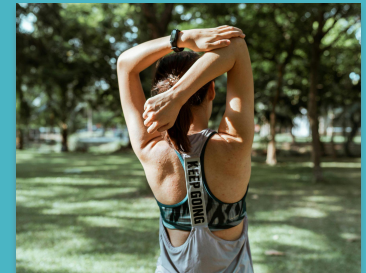
It is important to warm up and prepare the muscles we want to use before performing an exercise – thus preventing future injuries. 1 minutes of active warming up are sufficient. Warming up with motions that resemble and are close to the motions in the exercise that the warm-up is being performed for is recommended.



Stretches after training

Our muscles make an effort and contract during exercises/training. This is why it is very important to stretch muscles after their operation. It prevents injuries and muscle pain after training and in the future.

A stretch is actually a motion countering the direction of the muscle's contraction. 8 seconds of stretching are sufficient and should be repeated minimum twice.



Difficulty and effort increasers for exercises >

In order to increase the exercise's difficulty level without necessarily increasing the time it takes to perform the exercise – one can add elements that add difficulty and effort for a specific exercise:



1. Fast performance: fast (or very fast) and continuous exercise performance.
2. Slow performance: slow (or very slow) and continuous exercise performance.
3. Speed combination (fast and slow): perform part of the exercise fast and part of it slowly – continuous and without breaks (for example, do 50 push-ups fast, and then another 30 slowly or even very slowly).
4. Adding exercise time (up to 7 minutes): for example, when we reach 3 minutes of continuous squats without breaks – we can define a new goal and add another minute to the workout, and so on.
5. Adding/combining effort increasers: for example, adding clapping after every rise in push-ups.
6. Adding weight (improvised/standard): for example, performing an exercise on parallel bars with a 10 kg backpack.

Improvised Pull-Ups and Push-Up Bars >

Improvised Parallel Push-Up Bars:

The principle is to find two objects of the same height at around waist height (one can bend one's legs while performing the exercise). For example: two chairs of the same height, two tables of the same height, a dresser and a table, a table and a chair, a stair rail, etc.



An Improvised Pull-Up Bar:

The principle is to find an object of the suitable height at head height (one can bend one's legs while performing the exercise) – that's parallel to the ground and can be held with 2 hands and be used to pull ourselves up. For example: a pergola, a door (the top part of the door when it is open), a tree branch that is parallel to the ground, a bar/pipe that is parallel to the ground, a wall, grates, a fence, etc.



Main Exercises	Main Operating Muscles
Pull-ups	Back, front arm
Push-ups bars	Chest, back arm, shoulders
Push-ups	Chest, back arm, shoulders
Crunches	Stomach
Squats	Quadriceps femoris muscle (legs)
Gastrocnemius Exercise	Gastrocnemius muscle (legs)
Static Squat	Quadriceps femoris muscle (legs)
High Jumps	Quadriceps femoris muscle (legs)
Stair Exercise	Quadriceps femoris muscle (legs)

To conclude,

Here is **my weekly training plan**. Due to frequent travels and work on computer, my workouts are designed for consistent mobility from place to place >>

1. Monday: Upper Body Focus >

Morning Workout: 5 min of diamond push-ups.
Evening Workout: 5 min of pull-ups.

2. Tuesday: Lower Body Focus >

Morning Workout: 5 min of calf raises.
Evening Workout: 5 min of quadriceps exercises.

3. Wednesday: Upper Body Focus >

Morning Workout: 5 min of diamond push-ups.
Evening Workout: 5 min of pull-ups.



4. Thursday: Lower Body Focus >

Morning Workout: 5 min of calf raises.
Evening Workout: 5 min of quadriceps exercises.

5. Friday: Upper Body Focus >

Morning Workout: 5 min of diamond push-ups.
Evening Workout: 5 min of pull-ups.

6. Saturday: Lower Body Focus >

Morning Workout: 5 min of calf raises.
Evening Workout: 5 min of quadriceps exercises.

Sunday: Rest Day for the Entire Body.

Fascinating Research >

I don't include **running** workouts in my weekly training; instead, I focus on leg muscle exercises. For many years, I've been intrigued by whether the 5MT training method could also contribute to maintaining running abilities, given its intensity and **impact on cardiovascular endurance**.

To test this, I began running 5 kilometers **once every 3 months** to see if I could sustain a reasonable pace, which I set between 5.5 to 6 minutes per kilometer (equivalent to 27.5 to 30 minutes for 5 kilometers).

In this experiment, participants were interns who underwent fitness training similar to mine.

>> I found that **it indeed works**, and the 5MT method also helps in maintaining the ability to run at a reasonable pace!



THANKS!

I would like to hear your opinion after **3 months** of training using the method

