

# WELCOME!



Congratulations on taking a giant step in becoming a healthier and happier version of yourself. That is why you decided to put your trust in some guy you found on the internet (me!), because you're ready to have the body of your dreams and the lifestyle to sustain it, and you're tired of NOT having it. I first want to thank you for choosing me as your coach. I'm excited to embark on this stage of your fitness journey with you and will do everything I can to ensure that you succeed.

Not only do I want you to be proud of your accomplishments as we proceed, but I want you to enjoy the process. While remote coaching is a relatively new concept, I know that you'll enjoy it.

Before we begin, I'd like you to please read through this short information package. In it is all of the information about your program and what you're about to get in the coming months. I've laid out what I'll be sending you and when you can expect to receive it in addition to guidelines for support.

Included in this package is also information on how the workouts are going to be presented to you and an explanation of all variables.



# STARTUP

You should have already gotten the link to setup the app as well as filled out your consultation form. I need this info both to allow you to complete the program but also to give you your caloric and macro targets. Once you get your app, play around with it a bit and let me know if you have any questions.



In order to give you the direction, accountability and support that you need there are a couple different facets to this program. I'll briefly describe them here.

Your workouts and nutrition guidelines will be accessible through a custom software. You'll be able to see everything on the phone app. Here you will see the complete week of workouts, progress tracking and your nutritional compliance (Synced with MyFitnessPal)

Syncing MyFitnessPal: I'll send you the link on how to set it up via the app



**My Fitness Pal**

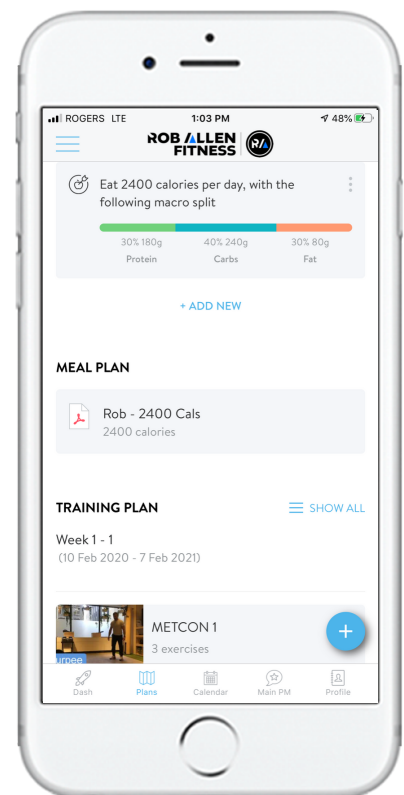
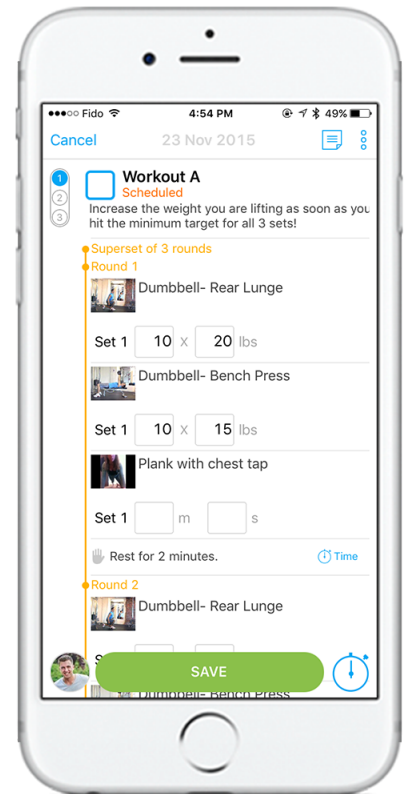
# SOFTWARE & APP

## WORKOUTS

You will have a new Strength workout and new METCON workout every day. You should always start off with a warm up, followed by the Strength portion and finish with the METCON. With each workout of your plan, there will be detailed instructions and a video demonstrating the proper technique. Your job is to track your reps and weights each exercise. This is particularly important for the strength portion, That is how we see if you are progressing. When you are done a workout just mark it as done or Check In.

## NUTRITION

I will set up your macro and calorie targets and your primary goal is to hit those targets as best you can. Being in a caloric deficit is the most important thing when it comes to losing weight. So knowing how many calories you're actually eating is extremely useful!

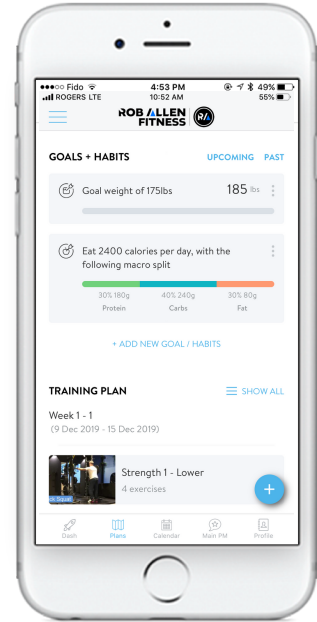


# SOFTWARE & APP

## TRACKING



Within the software, you also keep track of your weight and measurements. As you progress, we'll be able to see the graph of your results.



## MESSENGER



If you have any questions, there is an integrated message function in the software that we can communicate by. I respond as quickly as I can and always have my notifications on.



# EXERCISE

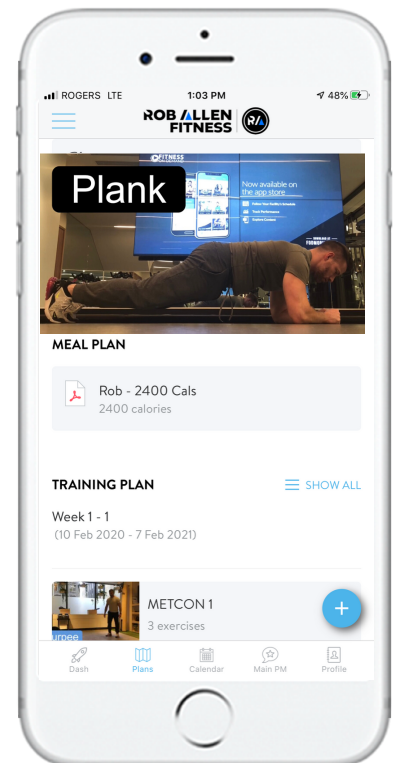
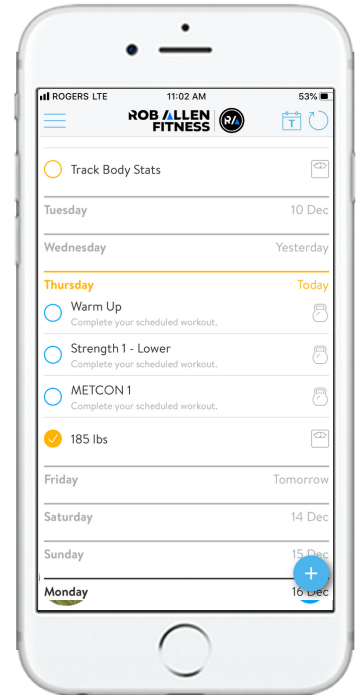


Within the software, you will have a calendar view of your entire week of workouts. In a perfect world, you would complete the workouts, as scheduled. In reality, however, you may need to switch days around a bit. That's totally fine. The important thing is that you do your absolute best to complete 3-6 workouts every week.

Each exercise within the workout will have a detailed explanation along with a video of the correct form. If you are unfamiliar with the exercise or need a reminder take the time to check these out.

If the gym you are using doesn't have the right equipment for an exercise, just let me know and I will switch it out for another comparable exercise.

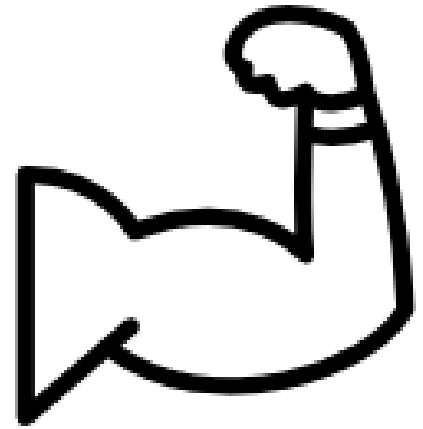
Of course if you have any questions along the way, just send me a message :)



# EXERCISE

## Training Sessions Should Be Short

Long training sessions (anything over 75 minutes; not including the warm-up and cool down) are ineffective for rapid fat loss. Anything after 75 minutes is a recipe for overtraining, stagnation, and boredom. From what I've observed with clients, the performance usually starts dropping after 60 minutes. A shorter session usually means pinpoint focus and higher intensity. Each workout, you'll know exactly what to do and how. Your strength portion will take 30-45 mins and METCON portion will be between 10-20 minutes. It's important to execute efficiently, like a machine. For some people, caffeine before a workout helps (but not after 4 P.M.).



## Training Sessions Must Be Intense

Intensity is the most important variable for fat loss. The simplest way to increase your intensity is to shorten rest periods. Now, I'm not saying to make yourself throw up. You should not be able to carry on conversations between sets, or play angry bird on your cell phone. Keeping rest period short and sweet makes your workout short and effective (and a little painful).





# WORKOUT TERMINOLOGY

**SET** - The number of repetitions performed without stopping.

**REP** - One performance of a single exercise

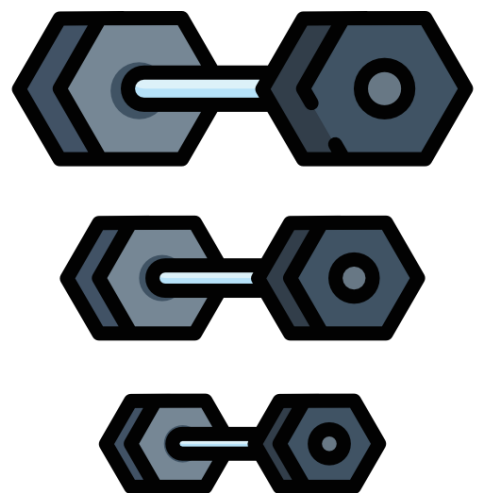
**REST** - The rest is the time in seconds between two sets or 2 exercises

**AMRAP** - As Many Rounds (and reps) As Possible (In the time given)

**EMOM** - Every Minute on the Minute (You execute the given task at the beginning of each minute)

## CHOOSING YOUR WEIGHTS

Use a weight that you can do the required # of reps using great form. If you can't do the required # of reps on the 2nd, 3rd or 4th set, that's ok. Your goal is to do the # of required reps for the required # of sets. Once you attain that goal, you can increase the weight.



## **Training Must Be Consistent**

If you want to see results, you must do work, and do it often. You can have the best training sessions in the world, but they will be rendered ineffective without consistency. The high level of frequency ensures a consistently elevated metabolic rate, and a tremendous surge of EPOC, which means you'll be burning calories well after your body stops working out. Flashy fitness sites call this "the afterburner effect". Any activity is better than no activity – if there's days where you think you have "no time" to workout, well, you're lying to yourself. Let me know and I will make something work for you on days where "you have no time".

## **Your Body Must Recover**

Usually, your strength training workouts will be 48 hours apart. If you're still sore/fatigued/exhausted on a strength-training day, notify me. Unless training for a long-distance endurance event, all cardio prescribed is the Metcon workout.

Since I'm not physically there with you, it's important you build upon the skill of "listening to your body". If something doesn't feel right, don't push it; your body is usually trying to tell you something.



**Good Pain vs. Bad Pain:** Mild discomfort is part of the exercise process, and is necessary for the improvement of performance and physique. The Burn is good pain. It should be short-lived and during the exercise only.

**Fatigue** after a workout should leave you exhilarated, but not exhausted. Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as “over-training” and is not good.

**Soreness** is common, especially for muscles that have not been exercised for long periods of time, or when you perform an exercise you are not accustomed to. Soreness typically begins within a few hours, but peaks two days after exercise. This is referred to as Delayed Onset Muscle Soreness and is normal when beginning a new fitness program. Notify me of any extreme soreness that lasts longer than 3 days though. It's not normal for it to last too long.

**Pain** – Usually caused by the improper execution of an exercise. Nothing should really “Hurt”. Immediately notify me and/or a physician of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.

It is recommended to perform each exercise with NO WEIGHT to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead. Warming up is a crucial part of injury prevention and prepares your body for exercise by lubricating your joints.

# SLEEP

I could write about the countless studies of why sleep is important for you, your appetite, your mental health, your happiness, and especially your fat loss. But I'm not going to bore you with the science stuff. That's not the approach I take with fitness.

Get 6-8 hours of quality sleep every night. I can't stress how important this is for both fat loss and muscle gain, especially when you're in workout mode.

Your body, your workouts, and your goals will suffer because of a lack of quality sleep.

Have trouble falling asleep early? Form a sleep ritual. That means two hours before you want to go to bed, dim the lights, and unplug from all electronics. Try sleeping with your cell phone in another room. Replace the TV with some light reading.

If you're still having trouble – try supplementing with Melatonin and/or drinking Chamomile tea before bed.

