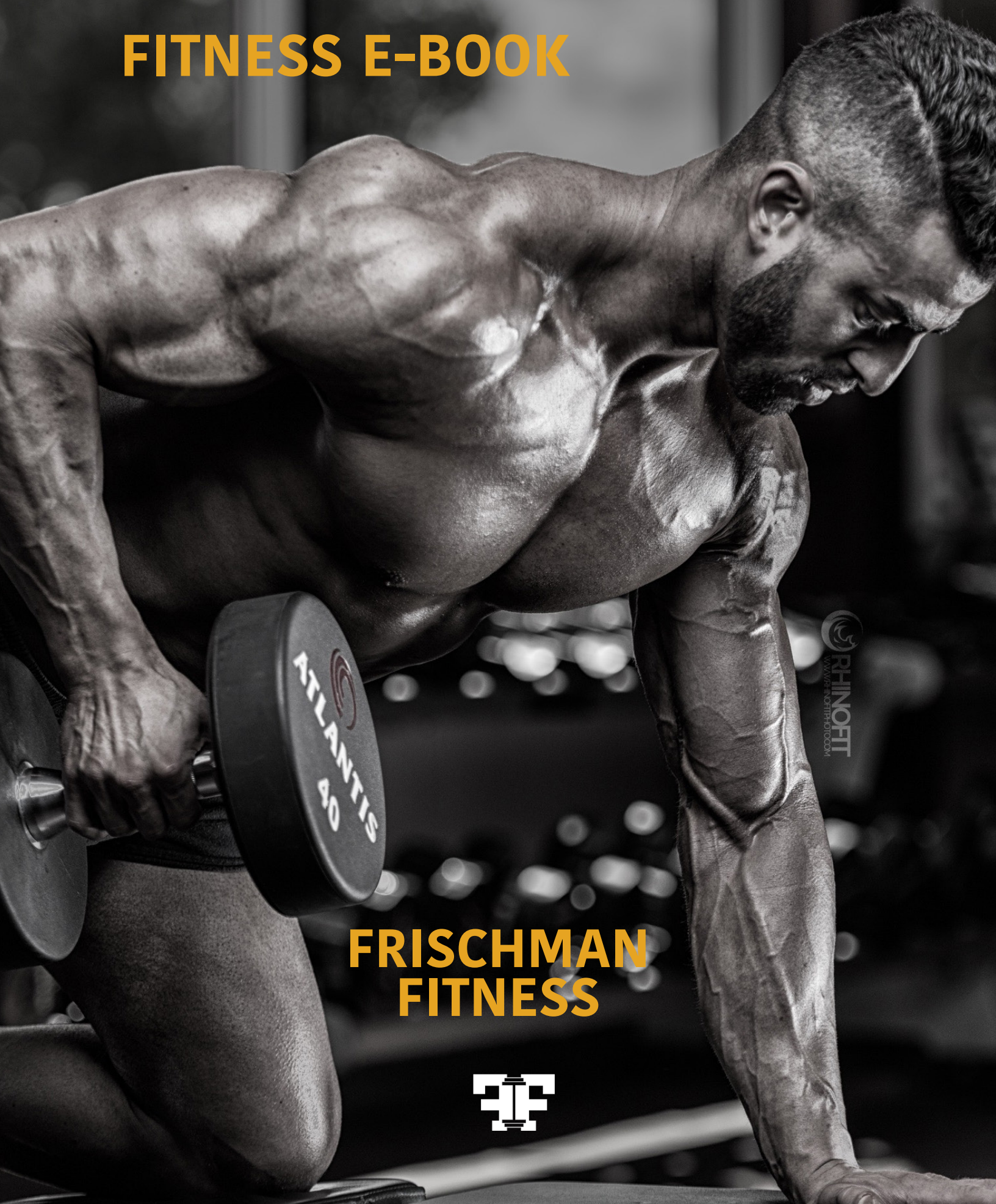


# FITNESS E-BOOK



  
WWW.RHINOFT.COM

## FRISCHMAN FITNESS



# ONLINE COACHING: WHAT & HOW?

## **STEP 1: CHOOSE YOUR PLAN:**

Choose & purchase the plan that fits your needs and timeline.  
(3 month/6 month/12 month package)

## **STEP 2: INITIAL FACETIME CONSULTATION & PROGRAM QUESTIONNAIRE:**

Once you choose your plan, you will receive an email to set up the date and time of your initial video Consultation. This consultation will consist of a short discussion with me to gather all the information needed to personalize your program to your goals and lifestyle. I will also be going over the program questionnaire with you to ensure we gather as much info about your current state of health and food preferences.

## **STEP 3: RECEIVE YOUR PLAN WITHIN 48 HOURS:**

Within 48 hours of your consultation, you will receive your detailed Meal plan, Workout program and Supplement Guide.

## **STEP 4: REGULAR, BI-WEEKLY CHECK-INS:**

Proper communication and follow-ups are essential to make sure your consistent towards achieving your goals. We will therefore have bi-weekly check-ins to track your progress and make adjustments to your plan as needed.



## Q & A

### • **How would online coaching benefit me?**

There is now an incredible amount of information about fitness and nutrition online. So much that it has become difficult to filter out the wrong, and making it discouraging for people to follow a genuinely healthy lifestyle that works for them. Sometimes, you think that you are doing all the right things but results show otherwise. As your coach, I will be analyzing things objectively and will educate and motivate you to reach your fitness goals through proper nutrition, supplementation and training exercises. With real guidance and discipline and a program that is entirely tailored to your body/lifestyle; you will notice results faster than you could achieve on your own.

### • **How are the programs made?**

After our consultation, I make sure I have all the necessary information to create a diet customized to your body type, food preferences and budget. I will design a training program tailored to your level of experience, schedule, and lifestyle as well. All the programs are made by yours truly and will be adjusted every 1-4 weeks depending on your progress and goals.

### • **How long does it take to receive the program after the purchase?**

You can expect to receive your fully detailed program within just 48 hours of our initial consultation.

### • **Am I going to be able to afford everything in the meal plan?**

Through our consultation, we'll discuss your food preferences, schedule, and of course, your budget. I'll make sure to provide you with a diet plan that will take all of these into consideration. So as far as I am aware of your financial restrictions, you will have a plan that fits your budget.

### • **How do we communicate throughout the process?**

We will be doing bi-weekly check-ins through FB video chat. That's where you



will be sending me your check-in forms, progress photos and measurements. You will also have my personal contact information where you can ask me anything at any time, send me progress photos or any other updates, like hitting a new personal record on an exercise!

- **Are the results guaranteed?**

To date, every client that has followed my guidelines has had success and the only way to not have success at all, is to not follow the process. If you think you are not getting any results at all and have been following my instructions, I will be more than happy to give you extra time at no charge to analyze exactly where things might be going wrong but I am happy to say that that has not happened yet. Don't forget that it's a process that can require trial and error in order to understand exactly how your body works. Hence, why adjustments are made in a periodized manner to avoid plateau and make sure you have consistent results.





  
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# INTRODUCTION

## 1. What to Expect?

### • Diet Plan Updates:

I will be updating and tweaking your nutrition plan every 2-4 weeks. This is based on your personal progression. The changes will be based on your Check-In form, updated current weight, progress photos and measurements; I will take all these factors into consideration when making changes to both your meal and workout plans. There will be some instances when we might have to change your diet every 1-2 weeks. I've also had clients that kept seeing results even 6 weeks on the same macronutrient breakdown. This is why completing your check-ins correctly is vital to making sure we tailor the program 100% to you.

### • Training Program Plan Updates:

As your body adapts to any given stimulus, we will be changing the exercises, rep ranges and tempos in order to continue seeing progress. Your training regimen will be updated every 4-6 weeks. There are times where we might need to tweak it even 2 weeks in. This will really depend on your goals and how quickly you're able to adapt.

### • Assessments:

In these online video sessions, we will be talking about our first weeks together. I will be asking various questions to better understand and serve your health and wellness needs. These assessments will take place before making any updates to your meal and workout plan. This will give you the opportunity as well to tell me which foods you would like to change/avoid or adjust the intensity and frequency of your training. It will take place exactly 2 weeks after you receive your first plans. After that, we will continue to do virtual check-ins every two weeks to ensure you get the best possible results throughout the entire process.



## 2. What I Expect From You

Your ONLY homework is to fill out the “weekly check-in” questionnaire and copy/paste the document to me via Whatsapp or FB Messenger. You will also be sending me your progress pictures, weight and measurements as well. (DO NOT send the check in form as a file/attachment, just copy paste the form along with your responses)

- **Bi-Weekly Progress Pictures:**

To compare the changes being made you’ll need to actually SEE them first! You will take your pictures the same way you will take your weight for each and every check-in: FASTED and first thing in the morning. So when you wake up, pee, then take your weight and pictures right away. DO not eat or drink anything beforehand. I will be expecting your progress pictures along with your weigh-in every other week in order to make sure we are on the right path!

## 3. Body Measurements

Before our very first check-in and once a month thereafter, you will be required to take your body’s measurements and send it in with your check-in questionnaire/progress pics. You will need a soft tape measure in order to mark down the circumference of your neck, arms, waist, hips, thighs, calves. If you can get someone to measure your bust as well that would add some bonus points! The rest of these body parts can be measured alone. You will always measure at the highest/roundest point of the muscle.

So for example when taking the waist, I want you to go around the love handles and end directly in the middle of your navel (belly button).

For the hips, you will go around the butt where it sticks out furthest and meet the tape in front of you, just above your crotch.

For the thighs you will want to put one leg up on a chair, Captain Morgan style, and measure the circumference of the leg by going through the hamstring where it hangs lowest and meet back around over your quad.

For the calves you will go through the widest part of the calf and for the



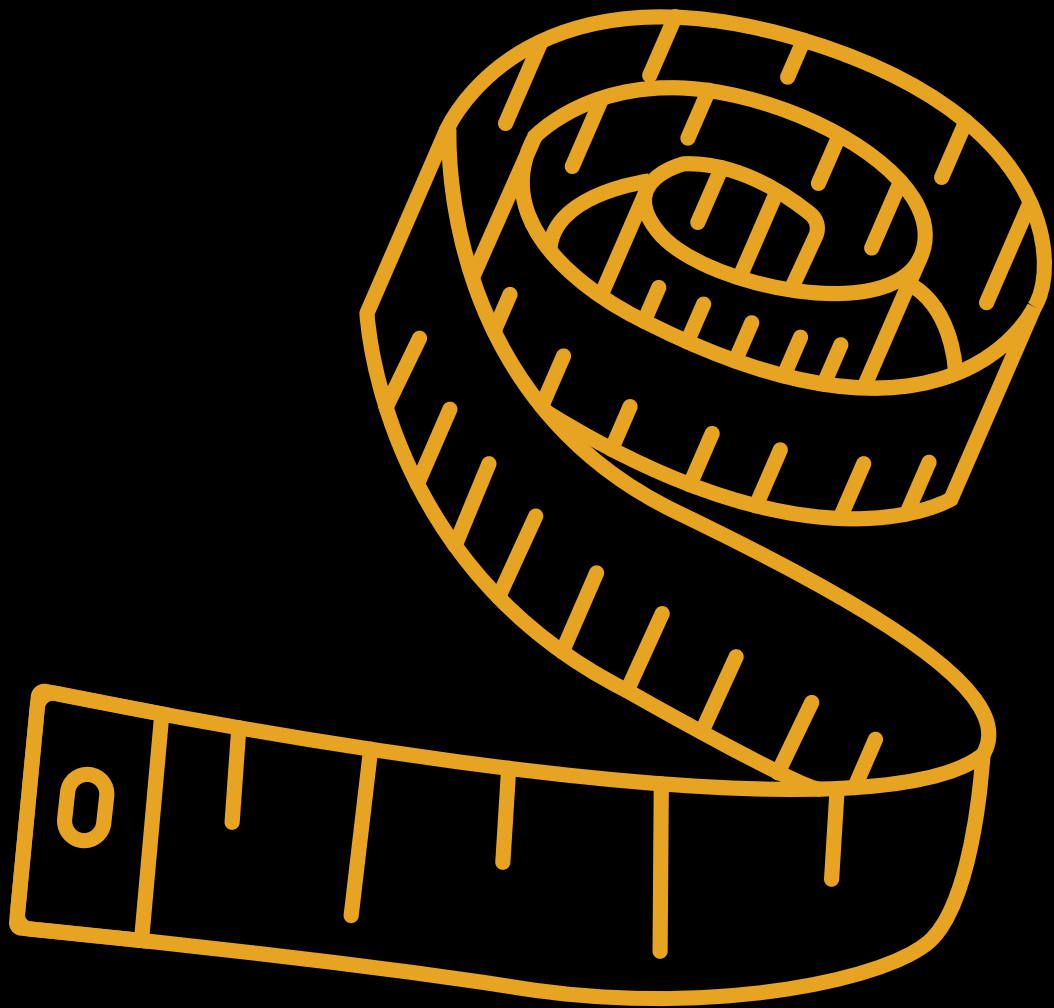


arms you will measure around the highest peak in the bicep while flexed.

As for the bust, you will lift your arms and have someone wrap the tape measure around you so that the tape meets just above the nipples. Make sure you drop your arms and breath normally once the tape is meeting in front of your chest.

Lastly for the neck you want to make sure to measure an inch above where the neck begins.

The following section will display exactly how I want you to send your progress pictures.



#### 4. Progress Pictures: Physique

- Take a full body picture at eye level.
- Take 4 pictures in a relaxed position. (no flexing and feet shoulder width apart)
- Front, Back and both Side Profiles. (You can also opt to take one or two pictures flexing, pose of your choice!)
- Ensure you have good lighting and aren't casting a shadow on your own body.
- Try to have a plain background or wall when taking your pictures.

For Men: Take your progress pictures in your briefs or roll your shorts up to expose those sexy legs as well.

For Women: any regular bikini or bra and regular underwear is fine. \*Do not wear long cyclist shorts or sports bra's as they cover up too much muscle\*

You can simply place your phone on a timer or ask a friend/family member or partner to help you. You can also use your laptop to take photos. My personal advice is to invest the \$40 and get yourself a cell phone tripod that comes with a ring light! (simple tripod for way less can do as well)



# NUTRITION



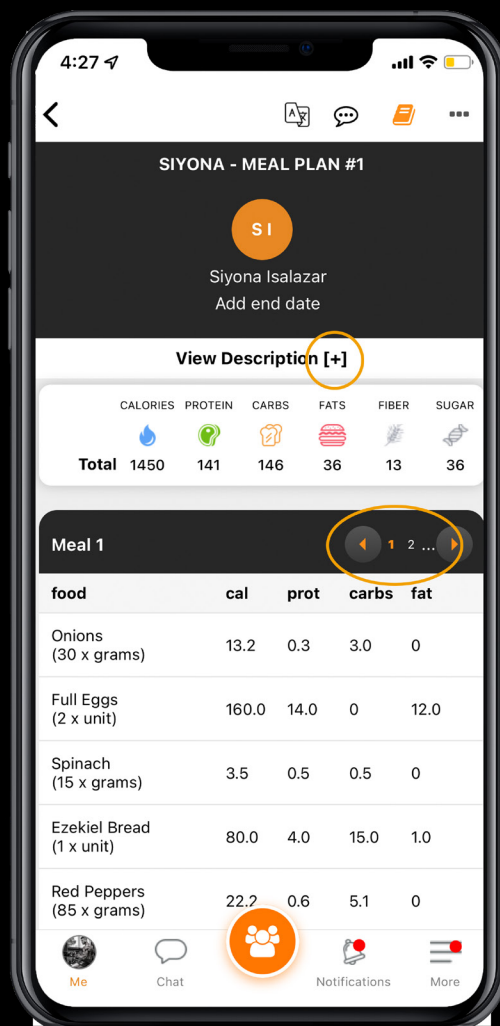
## 5. General Notes

Food is medicine, Food is for celebration and bringing people together. FOOD IS NOT THE ENEMY. When you eat for your health, it doesn't have to feel like a chore. Eating for your health is very simple, the more natural the food, the better it is for you. You've probably heard the term "whole foods" being thrown around in recent years and this refers to just that. Single ingredient Foods that can be picked, plucked, fished, hunted or grown.

- All fruits
- All vegetables
- All animal protein
- All Nuts and Seeds
- All Organic olive oils, coconut oils, butter, avocado oil.
- Some whole grains (such as rice, quinoa, oats, barley, couscous etc.)

If your food is "processed" this means it comes from a box and most likely has ingredients that you can't even pronounce on the back or have never even seen before. This isn't REAL FOOD. The simplest strategy for success is the more your stick to whole foods the better you will not only look but feel as well.

So with that being said now that we know our HEALTH is based off of our food QUALITY.



Then results must be based on food QUANTITY.

Yes it is important to eat healthy but in order to see success you need to measure your intake of those healthy foods as well. Don't worry, I know what you're thinking... What about carbs?! Measuring your food is what allows people to eat carbs and still not gain any weight. The solution to health isn't simply solved by just cutting an entire food group out COMPLETELY. It never has been and it never will be despite all the different diet fads that will try to tell you otherwise out there. Your diet can consist of 50% carbohydrates, but if your total caloric intake is 2000 a day and you're burning 2500 calories a day then guess what? You're still gonna lose weight! Think of it as a simple math calculation: Input Vs. Output = A Surplus or Deficit.

### Measuring intake

Measure everything in your meal plan! This nutrition plan won't be effective if you don't respect the quantities listed in each meal. This will require you to get a good food scale. If you still don't have a digital food scale please go buy one today. You can find them on amazon or any kitchen store for \$20!

- Measure all meats, vegetables and grains after cooking. (unless indicated otherwise) The only things you will measure raw are: Fruits, Nuts, Spreads and Oils and other fats such as avocados.

- Try having your meals 2-4 hours apart unless indicated in your plan. If you happen to miss a meal, don't panic, just make sure to get all your meals in by the end of the day.

- Try and finish all your meals minimum 60-90 minutes before going to bed.

- Do not cook with any additional



Amazon Food Scale



OILS! You can use low calorie spray oils made from extra virgin olive oil, avocado oil or coconut oil. Using an oil mister can be a good option as well.

- If you have a pre-workout meal, consume it 45-90 min before heading to the gym.
- If you have a post-workout shake, consume it immediately after training. You can have your next meal within 30min to a couple hours after your post workout shake.
- If you have a specified post workout meal in your nutrition plan, consume it right after training as well. Do not wait to take a shower and go back home.
- Try and eliminate all juices and soft drinks, even 0 calorie diet coke. You can have diet sodas every now and again but try not to keep it in the house.
- Do not eat anything extra that is not written. You may replace a fruit for another fruit, a carb for another carb, a veggie or protein for another veggie or protein BUT you cannot add more food to your daily intake.

When navigating to your meal plan you will notice a small (+) icon at the top of the meal plan. If you hit that icon a drop down menu will pop up with hand written notes regarding your nutrition plan.

You can also Toggle between meals if there are multiple options. In the top right hand of the meal you will notice (1) (2) and sometimes (3).

If you click on any of these numbers it'll switch between your options and auto populate the page with the specific calories and macronutrients. For your check-ins the only numbers you will need to know are the total calories found at either the very top or bottom of your meal plan as well as the total Proteins, Carbs and Fats. Protein carbs and fats are regarded as “Macronutrients” whereas vitamins and minerals are regarded as “Micronutrients”. So on the check-in form one of the questions is: “What are the macros on your diet?”

In this case you will simply copy the totals for Protein (green), Carbs (yellow) and Fats (red). You won't have to calculate anything, just simply want you



## 6. Cheat Meal

Eating well most of the time and enjoying your favourite foods sometimes without any feeling of guilt or negativity. This is what I call BALANCE and it's the recipe for success long term! No food is off limits or 'bad' for you, over consumption of food is what's bad for you. What I mean by this is the following... Let's say you eat 3 meals a day + a shake + a small snack. That's 5 times a day you're eating, multiply that by 7 days a week and you're total comes to 35 meals a week. SO if you eat whole foods 90% of the time and measure your intake, then you don't have to feel guilty or bad about having a cheat meal once or twice a week! That would mean that 33/35 of your meals are on point and accounted for. So if you're training hard 3-5 days a week and eating healthy 90% of the time, its OK to indulge or go out for a bite once or twice a week. Now with that being said slamming an entire large deep dish pizza to yourself and a 6 pack of beer is not my definition of indulging. It will take an entire week to burn off the excess calories from that night of binging. So having a cheat meal or two a week is fine as long as everything is in MODERATION. Period. Make sure to train on the day you have your cheat meal and replace your dinner with the your cheat meal.

## 7. Vegetable Consumption

When it comes to measuring vegetables, many times I've heard people say how "green veggies are a zero calorie food" or "greens are a negative calorie food" or "you burn more energy just to digest it."

Now for most green vegetables this is SOMEWHAT true, you probably won't ever become obese eating bowl after bowl of kale chips. However Everything and I repeat, EVERYTHING does have calories with only the exception of WATER. There is no such thing as a 'zero calorie food' and even vegetables are a complex carb. So try and stick between a cup to 2 cups of vegetables per meal max.

Now if you are absolutely famished or you just need to crunch on something while watching TV, the best thing you can do is have a some crunchy veggies instead of binging on sugary carbs. Examples of this could be sliced



cucumbers with Tex Mex spices and some franks red or mustard on top, celery sticks or spiced kale chips.

## **8. Coffee and Tea Consumption**

Coffee: You can have 2-3 cups of coffee a day without any milk or sugar (double espresso's don't count as a single coffee either). If you are used to sugar in your coffee, try using a natural sweetener instead like stevia.

You can substitute your milk with any non-dairy milk that doesn't include any added sugar. (i.e: unsweetened almond milk)

Tea: You can have 2-3 cups of your preferred tea a day. Try consuming herbal teas with health promoting properties.

Ex: White tea, black tea, green tea, dandelion root extract, peppermint tea, lemon grass, ginger, kombucha, hibiscus tea.

Do not have 3 cups of tea AND coffee every day. It's a max of three combined. Too much caffeine will simply keep your cortisol levels up (stress hormone) throughout the entire day. This will impeded you're body's ability to burn fat as efficiently or produce testosterone as efficiently.

YES, tea and coffee count towards your total daily water intake. IT DOES NOT DEHYDRATE YOU.

## **9. Water Intake**

The general rule of thumb when it comes to water intake is between 2-4 litres a day for women and between 3-5 litres a day for men.

If you are training 2 hours a day 6 days a week, there's a good chance you will naturally be thirstier and require maybe even more water than what is mentioned above. The reason men require more water than women on average is because we have more lean mass and as we know muscle is filled with over 75% of what? You guessed it, AGUA!

We all know water is essential for life but for some reason most of us don't get enough of it. Over 60% of the human body is made up of water, so it's a critical nutrient for health, growth and development especially



when depleting our muscles from exercising.

Get yourself a good non plastic reusable water bottle and set yourself a daily goal. (If you do get a plastic reusable water bottle make sure its BPA free). This will help you to drink more and ditch all the unhealthy and unnecessary single use plastic water bottles.

Check the colour of your urine, yes look at your pee when you're done! Ideally it should be clear or at least very pale by around noon. If it is Yellow or Orange then you are simply no hydrated enough and need to drink more water.

Sip throughout the day and most importantly during and after your workouts. MAKE IT A DAILY HABIT!

## **10. Meal Prepping**

Measuring Your Food: You must respect all the quantities listed on your meal plan and measure everything you eat for this meal plan to be the most effective. This will require you to get a good food scale.

You can find them on amazon or any kitchen store for \$20!

Measure all meats, vegetables and grains after cooking. (unless indicated otherwise) The only things you will measure raw are: Fruits, Nuts, Spreads and Oils and other fats such as avocados.

Keys To Success: Prepare your meals ahead of time! No one's got time to cook several meals a day unless you're getting paid to do it. SO make your life a bit easier by cooking and packaging all your meals ahead of time. If you really don't have any time to spend in the kitchen I strongly suggest searching for a meal prep service provider in your area. There are companies that can do custom and made to measure meals delivered to your door.

I typically recommend meal prepping 1-2 times a week. Sunday mornings and Thursday evenings are ideal in my experience. Find a day and time that works with you're life schedule and don't be scared to get creative. Healthy food doesn't have to be boring!

Once everything is cooked you can either keep each food item in a different





container and pack them when needed OR start packing them meal by meal right after the cooking process is over. I personally have always found it easiest to lay out 21 containers and measure all my meals for the week. This way there's never an excuse to not have my food with me if I'm in a big rush one morning.

If you prefer making your meats fresh, you can either buy them in big quantities and freeze them into portions or you could buy them fresh every second or third day which is the best taste wise but more time consuming once again.

Keep in mind that almost all animal protein loses about 20-25% of its weight after cooking, so take that into consideration when portioning your meals if you want to cook them fresh for each meal.

Storing your food: I would not recommend keeping food in the fridge for longer than 5 days at a time. So if you cook for the entire week, place day 6 and 7 in the freezer and simply defrost the meals a day before having to consume them.

## 11. Food Suggestions

### Proteins:

**Poultry:** Chicken Eggs, Duck Eggs, Quail Eggs, Chicken Drumsticks, Chicken Breast, Turkey Breast, Duck, Lean Ground Chicken Breast, Lean Ground Turkey/Chicken.

**Red Meats:** Beef (lean cuts like filet mignon, eye of round), Veal, Bison, Horse, Ground Horse, Ground Bison, Elk, Deer, Lean cut of lamb.

**Seafood/Fish:** Wild Salmon, Tuna Steak, Canned Tuna, White fish (cod, haddock, sole, bass, tilapia), Shrimp, Squid, Octopus, Scallops, Crab, Lobster, Trout, Mackerel, Sardines.

**Meat Substitutes:** Tofu, Tempeh, Lentils, Pea protein, Nutritional yeast, Chickpeas, Beans.



**Fruits:**

Blueberries, Blackberries, Strawberries, Raspberries, Pineapple, Watermelon, Bananas, Cherries, Pears, Apples, Grapefruit, Oranges, Mandarins, Kiwis.

**Carbs:**

Basamti Rice, Red Potatoes, Baked White Potatoes, Sweet Potatoes, Wild Rice, Quinoa, Oatmeal, Barley, Buckwheat, Yams, Cream of Wheat/Rice, Whole Grain Bread i.e: Ezekiel bread and rye bread (from sprouted wheat). Couscous, Lentils, Beans, Chickpeas.

**Fats:**

Extra Virgin Olive Oil, Coconut Oil, MCT oil, Avocado Oil, Avocados, Organic Butter, Seeds (flax seed, chia seeds), Almond Butter, Peanut Butter.

**Vegetables:**

Asparagus, spinach, broccoli, beets, cucumber, lettuce, cabbage, Brussel sprouts, cauliflower, celery, artichoke, arugula, kale, green beans, zucchini, mushrooms, bell peppers, eggplant, onions, garlic, leeks, hot peppers.

**Dairy + Substitutes:**

Eggs, Liquid egg whites, Low fat greek yogurt, Kefir, unsweetened almond or oat milk, partly skim milk (1-2%), low fat cottage cheese



## 12. Spices + Condiments

Rosemary, Cumin, Ginger, Turmeric, Red Chilli Pepper, Garlic Powder, Onion Powder, Parsley, Oregano/Thyme, Chilli, Paprika, Cinnamon, Coriander, Curry, Saffron, Black Pepper, Dill, Nutmeg, Stevia, Basil, Sage, Steak Spices, Fennel, Sumac,

Franks Red, Worcestershire sauce, Sriracha sauce, Mustard, Mustard seeds, Sugarless Ketchup, Apple Cider Vinegar + Other Vinegars, Low sodium soy sauce, tomato sauce/paste, Dijon, Walden Farms.

## 13. Shopping List

For simplicity, while shopping pick one or two options from each category.

- Proteins: White Meats: Chicken, Turkey, Lean ground turkey/chicken, White fish.



- Red Meats: Extra Lean Ground Beef, or any lean cut of red meat. (son, lamb, pork, beef).
- Carbs: For Main Meals: Basmati rice, Quinoa, White Potatoes, Sweet potatoes, Couscous.
- For Snacks: Rice cakes, Ezekiel Bread, oatmeal, Wraps, Cream of rice.
- Vegetables: Asparagus, broccoli, cauliflower, green beans, Spinach, Kale, Brussel sprouts, lettuce, Cucumber Peppers. (can pick up to 4)
- Fruits: Berries, citrus fruits, stone fruits, apples, bananas, melons, pineapple.

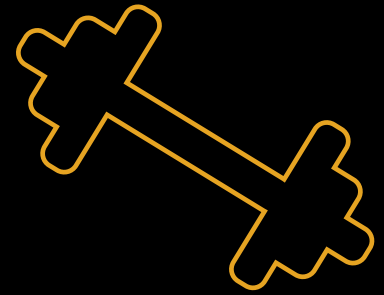
#### **14. Supplements**

Because I am an affiliate with FitLog and ATP, my clients get 10% off and free shipping on all orders! In order to access your supplement guide simply go to side bar menu on the lefthand side and click on ‘supplements’. This can be found just under the ‘Diet’ tab.

There you will find your custom supplement guide that I have created for you, once inside click on the top right hand corner ‘order now’ and follow the next steps. Your offer will be automatically applied at the checkout. Make sure you select the right flavour and size for certain products before placing finalizing your order.



# TRAINING



## 15. Warm-Up: Step 1 Cardio

Start your warm up session with whichever cardiovascular exercise you enjoy most. (jogging/treadmill, bike, skipping, stair master, etc)

Performing a bit of cardio will help increase your body temperature, blood circulation and oxygen levels; which will help to loosen up the muscles and nervous system.

## 16. Step 2: Dynamic Warm-Up

A Dynamic Warm-Up will help you to start activating the specific muscle and fibres that we will be engaging throughout the actual workout.

Focus on performing the same movements you have on your training program for that day. These dynamic movements will open up the neural pathways and will help you to get blood flow into the targeted muscle groups.

In order to do so, I suggest doing an extra set of 20 light reps for the first exercise on your program that day. You can also start with a similar movement that works the same muscle group as well. The whole idea is to simply get some blood pumping into the muscles we're going to be using throughout the workout.

If you're training upper body for example, start your session with a couple general movements to prepare your shoulders, wrists and elbows.

This will in turn help to activate the synovial fluid which acts as a lubricant for your joints. Adding a couple dynamic exercises can help achieve more efficient and injury free workouts, who doesn't like the sound of that?!



### **Step 3: Workout Breakdown**

Example:

- Warm-Up/Cool Down for leg day

Treadmill or Stairmaster for 5-10min

- Dynamic Warm Up: A set of Light squats and light leg extensions/leg curls
- Workout: 45min-1hr
- Cool Down 5-10 min: Cardio of Choice
- Foam Rolling/Stretches

Example:

- Warm-Up/Cool-Down for Chest Day:
- Cardio of Choice 5-10min
- Dynamic Warm Up: Push-Ups
- Workout
- Cool Down 5-10min with Cardio of Choice
- Stretch

### **17. Step 4: Stretching and Mobility**

#### **Post Training**

After a heavy workout session your muscle will accumulate counter productive agents such as lactic acid, carbon dioxide and calcium. Having a proper cool down routine will help flush some of these elements out of your body by increasing blood flow.

After your training session, start by doing light to moderate cardiovascular activity followed by some foam rolling and stretching.

Slow to moderate pace cardiovascular activity.

Choose 4-8 stretches for the trained muscle groups.



Hold each stretch for 20-30 seconds.

Even though static stretching is mostly used only after training sessions, you could and should try to integrate them into your life and weekly routine or daily routine. You can do foam rolling and stretching at any time of day. I also recommend doing Yoga even once a week.

Stretching doesn't have to only be done after a workout. The more you do it the closer you get to having a more mobile and balanced physique.

Having a minimum of 2-3 stretching and mobility sessions a week has been shown to improve overall performance, shorten your recovery period, avoid joint pain and even can lead to having better posture.

## **18. Good Form, Rest Periods & Tempos**

Good Form Trumps Everything!

Make sure you're doing the exercises correctly with proper technique. If you aren't sure about your technique simply ask the floor trainer at the gym to help you out and send me a video of yourself performing the exercise as well.

When strength training any area of your body, having proper form and technique is crucial to make sure you're actually working the targeted muscle groups you intend on growing and developing.

I know that we all want to lift as heavy as possible! I've witnessed so many people ego lifting with absolutely horrible technique just to get the weight up. Not only are you obviously more at risk or prone to injury by doing this but you also miss the opportunity to properly stimulate the intended muscle fibres you want to grow.

Poor form will cause you to steal the movement and share it across different muscle groups in order to make your lift easier. So before thinking about lifting super heavy just focus on your form.

Sets, Rest Periods and Tempos and Notes:

When navigating the workout program on the app, you will notice a little



(+) Icon at the top of the page. Press on it in order to drop down a window containing workout notes such as: how much calories from cardio you are to perform each time you train as well as other explanations for things such as the ‘reps’ and ‘tempo’.

Also if you ever see a little icon “i” on an exercise that means there’s specific notes attached to that movement and it’s important you click on the exercise in order to expand the notes. Sometimes the picture or name don’t match exactly what it is i actually want you doing so I may add notes to certain exercises. So its important you always read these before starting.

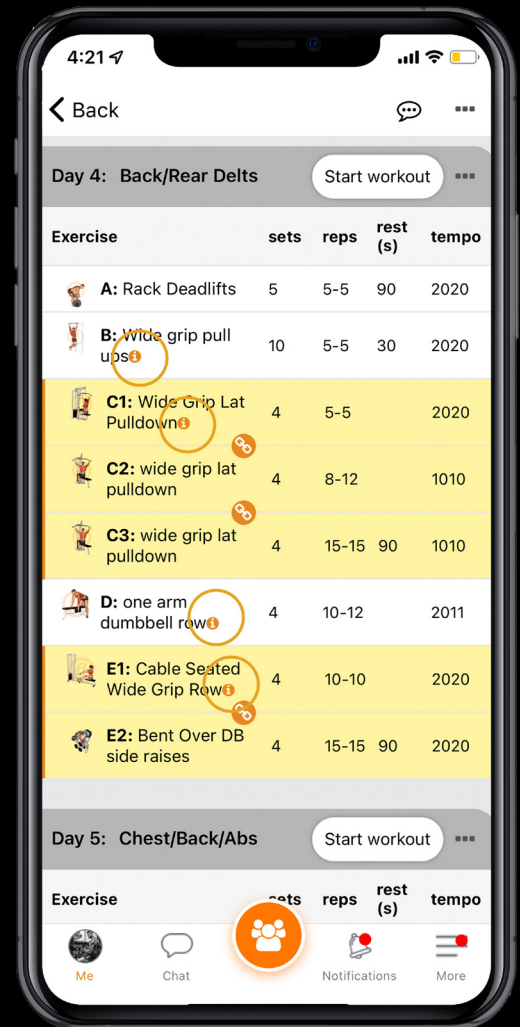
### Which leads us to the 5 columns we have in the workout plan.

From left to right we have

**1. Sets:** A set is a group of consecutive repetitions. For example, you can say, “I did two sets of ten reps on squats” This means that you did ten consecutive squats, rested, and then did another ten squats.

The next column over is Reps

**2. Reps:** Reps are the number of times you complete a single exercise before taking a rest or a break. So if you see an exercises that calls for 3 sets of a minimum of 8 to a maximum of 10 reps. This means you should focus on using a weight that you can do an absolute maximum of 10 reps and no less than 8 repetitions. Ideally I want all of you to actually focus on hitting the lower of the two numbers. My best advice is always to start slightly lighter and try to increase the weight at least twice within 4 sets (and especially on the last set). The reason for this is something called progressive overload. Even within the same workout our bodies can get used to a certain movement and weight, so its important to increase the





load or the volume in order to maintain the same level of intensity and keep the body CHANGING.

The following column is Rest.

**3. Rest:** The rest period will be found in the 3rd column of your workout plan on fitlog. This number is noted in seconds, so for example if you see a rest time of “90” this would mean resting a maximum of 1.5 minutes in between your sets.

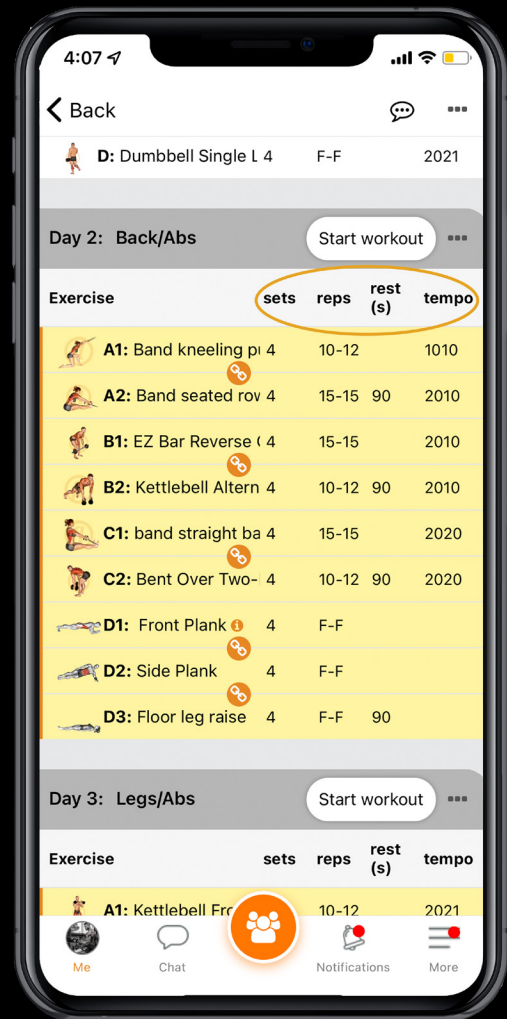
The seconds displayed here is the max amount of time you’re allowed to rest in between sets.

And the following column is TIME

**4. Time** in this case is used on exercises where there is no given amount of specific reps. For example if I want you doing 30 seconds of squat jumps. I would put the reps at 0 and put 30 in the time slot. Same goes for many cardio based exercises. They will be noted in terms of time instead of in terms of reps.

This bring us to our 5th and final column

**5. Tempo:** So for the tempos you are going to see four numbers the first two numbers always correspond to the 1) the E centric portion of the movement and 2) the pause on the E centric portion of movement so in this case the stretching portion of the motion. The last two numbers correspond to 3) the speed of the concentric movement (so the speed of the contraction) and 4) the pause on the contraction. So again first two numbers are the negative and pause on the negative. Second two numbers only deal with the contract speed and the pause on the contraction. So as an



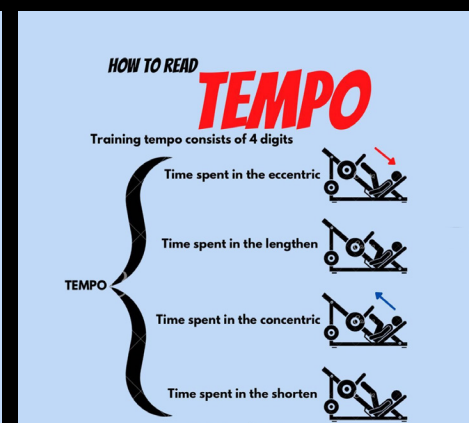
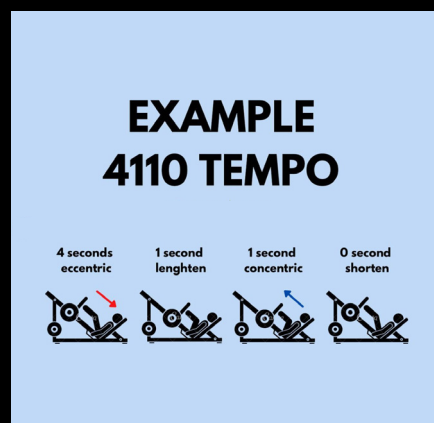
example if i see a 3-1-1-0 on a squat i'm going to lower in 3 seconds, pause for 1 second on the stretch. press up in 1 second and pause for 0 seconds at the very top of the contraction.

Now what if I'm performing any pulling motion. Such as any back or bicep exercise. You have to remember that the first movement you perform doesn't always correspond to the first number. So for instance a 3-0-1-1 on a bicep curl would look like the following: 1 second to contract, 1 second pause on the contraction, 3 second stretch, and 0 sec pause on the stretch.

Easiest way to never mess up the numbers is to always just remember that the last two numbers are always going to be the speed of the contraction and the last number is the pause on contraction.

Tempo is the must underused and underrated tool in the fitness industry amongst coaches and I'm honestly not sure why more coaches don't specify tempos in their programs! Tempo is the speed at which you're performing all the movements within the exercise. As we know total time under tension is one of the best ways to increase a hypertrophic response (muscle break down and rebuild process). So for example, if you have Chuck #1 who goes to the gym for an hour, and of that hour 10 full minutes are spent with his muscles under tension. Then you have Chuck #2 who goes tot he gym for an hour as well and performs the exact same workout. But his total time under tension is 15 minutes. Who got more out of that workout?

You guessed it Chuck #2!



## 19. Choosing Weights & Types of Sets

### Choosing The Right Weight?

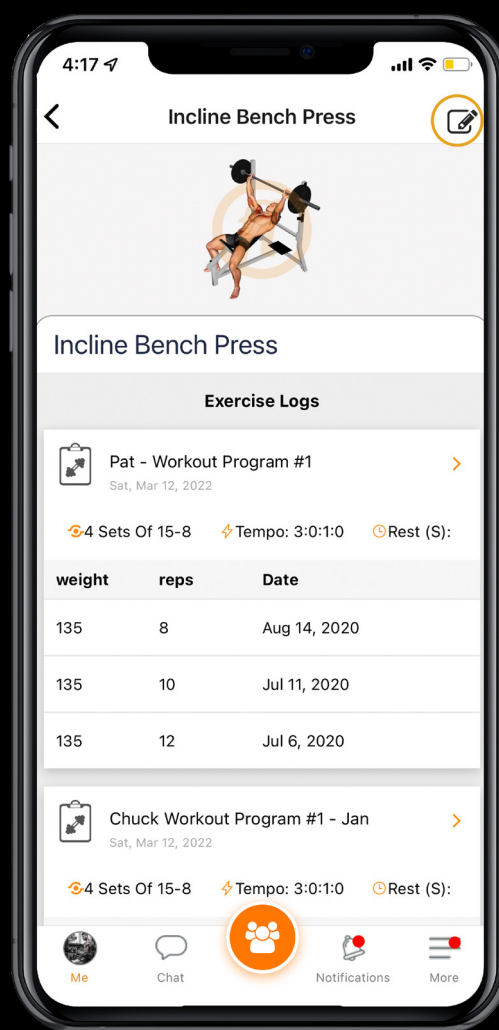
Pick a weight that CHALLENGES you on the few reps of your set. If you're supposed to do a maximum of 10-12 repetitions, you should be picking a weight that has your rly struggling by the 8th or 9th rep!

Don't choose a weight that you can 'comfortably' perform all 12 reps of for all 3 or 4 of your sets. If you still have enough power and energy to go past the last rep in your rep range, then GO FOR IT. Don't be stuck on a number. If you get to 12 and you know you can go for more, go for more. Then you know for the next set you can simply increase your weight.

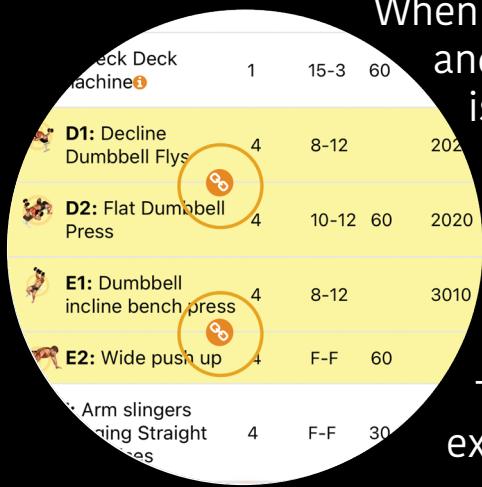
You should always aim to also try and bump on the weight on your 3rd or 4th set of every single exercise. Even within the same workout our bodies get used to handling the same weight. This is known as progressive overload. Which is why it's easier to slowly increase the weight each set then to just jump directly to your max weight!

Also try not to choose a weight that you can't perform with good form for half of your repetitions. If you're struggling to maintain form for 7 or 8 out of your 10 reps, chances are the weight is too heavy for you.

On the fitlog app itself you can also log the weights you used on each set. When you click on any exercise you will notice a small icon of a notepad in the top right corner of the page. If you click on that you will be able to enter the weight and reps you performed for that given movement.



- **Supersets:** The yellow Chain icon in between two exercises indicates that it's a superset. The two exercises will be highlighted yellow as well.



When it's a single set the background will look white and there will be no chain icon. What this means is that you are doing two exercises back to back without a pause in between. Only once you've completed all exercises in the superset, then you may take your allotted rest time. You will see a strike (-) in the rest column for the exercises that are to be performed back to back as well. The rest time will only be posted on the final exercises of the superset.

- **Drop Sets:** A drop set simply means that you will “drop the weight” and continue to pump! So for example, if an exercise calls for 8-10 reps and in the notes it specifies “single drop set”. This means you will start the set with a weight you can do a maximum of 8-10 reps of, once you've completed your reps drop the weight down by 30%-50% and perform another 8-10 reps directly afterwards. So essentially if you see a drop set for 8-10 reps your really gonna be performing a grand total of 16-20 repetitions per set. Now if the exercises calls for a “double drop set” this means you're going to be lowering the weight TWICE within the set. So for example; if I'm doing bicep curls for 8-10 reps 'double drop set'. I might start with a 70lbs barbell, then drop down to a 50lbs barbell and then finish the drop set with a 30lbs barbell. AND THAT'S ONE SINGLE SET.



- **Pyramid Sets:** A pyramid set simply means you are increasing the weight on each set. Its basically the inverse of a drop set. You can even pyramid within a single set as well, but most of the time you will only be increasing the weight at the beginning of each new set. So for example if my program says: Bicep Curls / 4 set / 15-8 reps / 60 rest.



Now if in the notes you see something like “pyramid twice within each set”. This would mean that within a single set I will keep increasing the weight twice! So for example lets say I have to do Bicep curls for 12 reps, and then it says pyramid twice on each set. This mean I will increase the weight and perform more reps after completing the initial 12 reps at a lower weight. I will repeat this twice within the same single set.

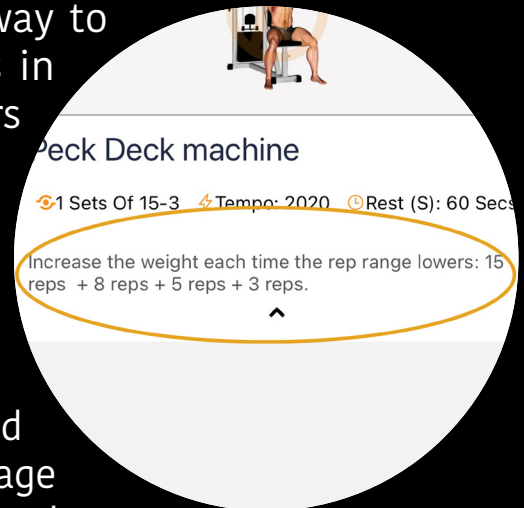
- **Progressive Overload:** This is the only way to reshape your body and keep making gains in both strength, and hypertrophy. While it covers a lot of variables, there are three main ones you need to focus on for your contest prep. It’s also worth noting that it applies to all physical activity beyond lifting weights. For our purposes, we’ll keep the focus narrow.

**Intensity:** The first metric of progressive overload is the intensity. Intensity refers to what percentage of your max strength for a specific exercise that you’re working with. This is usually expressed as the absolute load or as a percentage of your one rep max for that exercise. For example, if your max deadlift is 300lbs (~136kg), and if you’re using 300 lbs, the intensity is 100%. This means that it took the most concerted effort you could give to make that lift happen and that you could not complete a second rep. If you were using 240 lbs (109 kg) then that would be 80% of your one rep max.

**Volume:** Volume is simply the amount of weight lifted (or the distance you traversed). So back to our deadlift example, if you were to deadlift 205 lbs (~93 kg) for three sets of ten repetitions, you would equate your volume like this:

**Weight × (Reps × Sets) = Volume or in our case, 93 kg × (10 × 3) = 2790 kg or ~6150 lbs**

**Density:** This one is related to volume. Density is simply the amount of volume you do in time. So if that deadlift workout that yielded you 2790 kg of volume took you 15 minutes, you would express it as follows:



**2790 ÷ 15 = 186 kg/min for your density**

One of the ways to increase your results is to have more workout density, so if that same workout took you 12 minutes, it would be as follows:

**2790 ÷ 12 = 232.5 kg/min**

The second figure is the more dense figure. And it works the same for distance, as well.

In summary, you can make progress by lifting more weight on your lifts (intensity), lifting more total weight (volume), and lifting more total weight in a shorter amount of time. While there are more tenets to progressive overload (tempo, metabolic stress, etc.), those are the basic three you want to focus on.

## **20. Final Tips**

### **• Core Training**

You can train your core every other day. You should aim to train core a minimum of twice a week at the end of your workouts. Simply throwing in a few sets of planks, leg raises, crunches and Russian twists is more than enough to get the job done.

### **• LISTEN TO YOUR BODY!**

Your body is a lot more intelligent than you think. It knows what it needs more than you do, it's when we ignore our body's over time that things begin to go sideways for us health wise. Listening to your body will tell you when you're tired, hungry, injured, stressed or sick. Hopefully you'll trust your body and honour its signals. If you feel a lot of fatigue make sure to utilize that day as one of your rest days or go a little easier in the gym that day.

### **• Leave Your Ego At The Door**

Keep your technique always in check and never lift more than you should. There will be times where you try increasing the weight on an exercise and for whatever reason you just crap out at 3 reps. That's fine, don't panic. Just



drop the weight by a bit more for the next set. Its ok to try and increase your weight every workout or the final set of every exercise. But always do so cautiously or ask someone around you for a spot if need be. The last thing we want is to get injured and not be able to workout for months. Make sure to maintain proper form and do your warm up and mobility exercises.

Technique - Consistency - Intensity = Success.

- **ASK QUESTIONS!**

OH MY GOD, the amount of times I've had check ins with clients and they tell me they've been doing something wrong all week when they could have simply sent me a text and avoided messing up. Do NOT think that you are bothering me, this is my job and I love what I do. I'm here to help you as a coach. So if you are unsure about something or have any concerns, please do not hesitate to ask! I will always answer to the best of my abilities.

- **BE HONEST**

In order for me to do my job as effectively and efficiently as possible you will need to be as honest with me during your check ins. I can help you better throughout the process the more I know. So if you cheat on your diet more than you should have OR you always skip the last meal of your day it's always better to let me know. Telling me everything will allow me to understand your needs and adaptation process better and make all necessary adjustments to best suit you. In the end by lying to me you are only slowing down your own potential progress and fooling yourself.

- **And Most Important Of All, MAKE SURE TO ENJOY THE JOURNEY!**

Keep that smile on and keep crushing the weights. Don't get discouraged or get down on yourself just because you're not exactly where you want to be this very second or day. Make your workout the best hour of your day, this is time you are taking just for YOU. So stay safe, turn up the beats and blow off some steam! Do not be too hard on yourself this will lead to more cheating on your diet or simply giving up on yourself. Everyone is human, there will be days where you feel tired, down or unmotivated, this is completely normal. These are the days and opportunities life offers



you to step it up and grow, not only physically but mentally. What do you think feels better, feeling like shit and skipping your workout to binge on ice cream and watch TV? Or feeling like shit but still dragging yourself to the gym to crush a workout? I promise that you will always feel 10x better about yourself AFTER choosing the path of most resistance. There is never any pride in taking the path of least resistance. So just trust yourself, trust your coach, trust the process and just take it a day at a time.

If you do that, I guarantee you will see results and by extension, you will be happy!

Looking forward to working with you and I'm honoured to be a part of your journey.

Cheers,

Chuck.





