

F12

THE 12 WEEK SHRED
STRENGTH & CONDITIONING

#ILOVETOFLEX





ABOUT THE AUTHOR

GORDON HUNTER

Gordon Hunter has been involved in the fitness industry for 8 years, 4 of those working as a personal trainer. Post-college, Gordon has worked in both gym and outdoor fitness environments as a fitness instructor/ personal trainer. Gordon has been self-employed since June 2011, and in June 2012 had grown to such success that he was able to open his own private fitness studio. As well as training clients and teaching group fitness in his studio, Gordon also teaches classes in one of the top health clubs in the UK.

Gordon has recently taken up the sport of natural bodybuilding, competing at Scottish and British level. Specialising in nutritional advice, weight loss, muscle toning and shaping, and functional strength training, and with a passion for fitness and nutrition, Gordon believes in a positive attitude towards food and regular exercise as part of a healthy lifestyle.

QUALIFICATIONS & ACHIEVEMENTS

8 YEARS FITNESS INDUSTRY EXPERIENCE // NASM LEVEL 3 PERSONAL TRAINER // PRECISION NUTRITION LEVEL 1 COACH // HND FITNESS HEALTH & EXERCISE // UKDFBA NOVICE HEAVYWEIGHT WINNER 2014 // NPA NOVICE MIDDLEWEIGHT 2ND PLACE 2014 // UKDFBA U80KG MENS OPEN 3RD PLACE 2014 // HND FITNESS HEALTH & EXERCISE // BMBF JNR MR SCOTLAND WINNER 2011 // BMBF JNR MR BRITAIN FINALIST 2009 // BMBF JNR MR SCOTLAND RUNNER UP 2009 // KETTLERCISE INSTRUCTOR // HATTON BOXING ADVANCED INSTRUCTOR // SPIN INSTRUCTOR // AQUA INSTRUCTOR // VIPR INSTRUCTOR // CIRCUITS INSTRUCTOR // FOOTBALL LEVEL 1 COACH

INTRODUCTION

ABOUT THE PLAN

F/12 has been specifically designed to help you achieve the results you desire in the most effective; enjoyable and safest way possible.

The plan is suitable for all levels of fitness, whether you are a beginner who hasn't set foot in the gym, or a regular gym goer, this plan is for you.

The F/12 is designed to give regular gym goers a bit more guidance to help avoid getting stuck in a 'training rut' and to help them focus on their fitness goals.

F/12 is a progressive 12 week program specialising in weight loss, muscle definition, strength, increased fitness levels, and most importantly it will help to improve overall health.

The unique structure of the plan is what makes the plan a success, and therefore worth investing both your time and sweat in. Each

week the plan includes 3 strength training and 2 conditioning gym based workouts.

Each workout is designed to challenge the body in a variety of ways; from breath taking burpees, to strong chest press', to leg sculpting barbell squats, there is no stone left unturned. This will allow you to achieve results you can be proud of in a short time period.

Adherence to both the training plan and nutrition guidelines, should result in a significant improvement in your physical appearance, self-esteem, and an increased level of fitness.

MISSION STATEMENT

DOING IT THE REAL WAY



You have probably heard the following: "It's all about the exercise!" // "It's all about the diet!" // "To get results its 80% diet and 20% exercise!"

Through my own experience and working with clients it's all about 100% living a healthy lifestyle through nutrition and exercise that achieves sustainable long lasting results. You lifestyle includes the food you eat, the liquid you drink, how much exercise you do, how much you work/ study, how much sleep do you get, the people you socialise with and so much more.

It is my mission to help educate people across the globe, about diet & exercise and the importance of living a healthy balanced lifestyle, and how fad diets and extreme training styles are not the

way forward if you're searching for healthy, sustainable results.

I am big advocate of living a well-rounded healthy lifestyle that can be flexible and enjoyable whilst working towards achieving your fitness goals. I believe that a strong body represents a strong mind, and a strong mind allows you to achieve anything you may want in life, whether that be a great looking body, a high flying career. A strong mind will allow you to focus less on the negatives that life may throw at you.

My work is based entirely on making people feel more comfortable about their bodies through exercise and education. My advice specifically helps both women and men achieve their training and aesthetic goals.



DISCLAIMER

IMPORTANT STUFF



DISCLAIMER

IMPORTANT STUFF



The information presented here in is in no way intended as medical service or to serve as a substitute for medical counselling.

It is your responsibility to work with your physician before, during, and after seeking fitness consultation. Any information provided by Flex Fitness, is not to be followed without the prior approval of your physician. If you choose to use this information without the prior content of your physician, you are agreeing to accept full responsibility for your actions.

By beginning this exercise plan, you recognize that there are risks of injury or illness due to your use of the aforementioned information, and you assume such risks and waive and release any claim which you may have against Flex Fitness, as a result of any future injury or illness incurred in connection with, or as a result of, the use or misuse of this plan.

MEAL GUIDE USE

Please note any meal guide provided by Flex Fitness serves only as a meal guide and should not be abused.

The meal guide should only be used as a reference tool to help identify appropriate food groups and portions sizes in relation to your personal fitness goals. The meal guide proscribed does not guarantee results, it does however assist you in the right direction on improving your nutrition specific to your fitness goals.

For optimal results and at an additional cost, appropriate adjustments can be made to the guide by Flex Fitness.

It is your own responsibility to adopt a balanced lifestyle through nutrition and exercise and be mindful of your fitness goals and remain consistence.



NUTRITION

PLAYING AN IMPORTANT ROLE



INTRODUCTION

NUTRITION



It is important to note that nutrition and exercise both play a key role in improving overall health, body composition and performance.

Nutrition is a complicated and ever evolving topic and with so much misleading information out there, it can be hard to know where to start!

It is my job as a fitness professional to keep my knowledge up to date with the latest findings in sport and exercise nutrition to help educate my clients to reach their fitness goals.



NUTRITION GUIDELINES

ON THE ROAD TO HEALTHINESS

Good nutrition should not be a chore; it should be enjoyable, allowing you to become closer to achieving your goals. I am a strong advocate of living a healthy balanced lifestyle through exercise and good nutrition.

Firstly I'd like to address the true meaning of the word "diet".

"Diet" is the word used to describe an individual's current eating habits, the food and drink they consume on a daily basis. No two peoples diets are the same, we all have our own likes and dislikes and dietary requirements.

The word "diet" should not be used to describe your eating habits when in a fat lose phase of training, as this will create a negative mind-set and will result in you falling off the infamous diet wagon.

Generally speaking a well-balanced diet should include a wide variety of wholesome minimally processed foods, a host of fibrous fruit and vegetables, and lots of water (around 1-2 litres per day). Below are some general guidelines for implementing good nutrition to lose weight:

1. 80% of your overall food intake should come from wholesome foods
2. Allow for 20% of your total food intake to come from processed foods or "treats" if you so wish
3. Eat protein with every meal/ snack
4. Drink 2 glasses/ 1 pint of water with each meal
5. Aim to snack on low to moderate carb and high protein sources
6. Choose a plate size relevant to your goal and size
7. Eat plenty of green fibrous vegetables with each meal

THE KEY

TO LONG TERM DIET SUCCESS



The key to long term “diet success” is self-control and moderation. Aim to consume 80% of your food intake from “good” or “healthy” low calorie high nutrient dense food along with 20% “bad” or “unhealthy” high calorie, low nutrient dense food. I call this the 80 by 20 rule. You should know that having the occasional couple slices of pizza, bowl of ice cream, cookie or glass of wine is perfectly normal and it won’t set you back on achieving your fitness goals provided it is consumed in moderation. Adopting this mind-set will allow you to satisfy any cravings you may have and will stop you from bingeing. Just keep your fitness goals in mind!



CALORIES IN vs CALORIES OUT

BALANCING YOUR ENERGY



If your goal is to lose body fat and achieve a leaner, healthier physique then you are going to have to create a shift in your energy balance. Your energy balance is what causes your body to either lose, maintain or gain weight.

The food we consume provides the body with energy (calories in) and how much we move/exercise determines how much energy the body expends (calories out). For weight loss to occur you want to create a negative energy balance in the body, where on a daily basis you burn more calories than you consume (calorie deficit). This is achieved by adjusting your food intake and how much you move/exercise.



PROTEIN

Protein is one of three energy yielding macronutrients found in the food. It is largely responsible for building muscle, aiding recovery and providing the body with energy. Protein is thermogenic, meaning the body must use energy to digest them and as an added bonus it also suppresses your appetite.

Protein Sources: Chicken // Turkey // Red meat i.e. sirloin steak, venison, ostrich, lean beef mince etc. // Bacon // Soft Cheese // Greek Yogurt // Eggs // Egg Whites // Fish i.e. Tuna, salmon, haddock etc. // Nuts i.e. almonds, cashew, Brazil nuts etc. // Protein Shakes // Protein bars

When training on a regular basis and following a rigorous exercise program, I highly recommend you include an ample amount of protein into your diet to enhance recovery time between workouts and to help build muscle and strength. Aim to consume protein before, during and after your workouts and throughout the course of the day.

With regards to how much protein/ portion size to consume per sitting, aim to consume around 20-45g of protein per meal or snack. Alternatively use your palm size to determine your portion of protein: men should aim for 2x palm sizes, and women 1x palm size. This will ensure you're eating close to your daily protein requirements. Protein is a MUST if you want to progress towards your fitness goals!

CARBOHYDRATES

Carbohydrates are the body's main source of energy, without carbohydrates the body just doesn't function nearly as well. The brain, liver and skeletal muscle tissues are both highly dependent on glycogen/carbohydrates to function properly.

Carbs are often broken down into simple and complex forms. Complex carbs are slow digesting and provide the body with a steady release of energy and should be consumed throughout the day; think brown rice, sweet potato, quinoa etc. Simple carbs on the other hand are broken down fast by the digestive system to provide a quick energy release and are best consumed post workout; honey, table sugar, sweets, high sugar cereals, sugary drinks, fruit etc.

Complex Carb Sources : Sweet potato // Brown rice // Whole-wheat pasta // Wholemeal bread // High fibre cereal // Wholemeal pitta bread // Wholemeal wraps // Fibrous green veg i.e. broccoli, spinach, asparagus // Dark chocolate etc

Simple Carb Sources : White rice // White pasta // White bread // High sugar cereal // Sweets // Fruit i.e. bananas, blueberries, strawberries, pineapple etc // Chocolate

Aim to consume the majority of your daily carbohydrate intake around your workouts. If your goal is weight reduction, I recommend consuming a low to moderate amount of complex carbohydrates throughout the day and before your workout and a moderate to high amount of carbohydrates post workout.

SOME EXTRA ADVICE

ITS WORTH THE READ

FATS

Despite what you have been led to believe about dietary fat over the years, fat it is an essential nutrient to the body and cannot be overlooked. Fat is used by the body as an alternative energy source, without fat you simply cannot burn fat! Fat increases and maintains hormone levels within the body and like protein can be used to increase satiety levels.

Fat Sources : Whole eggs // Nuts // Fish // Red meat // Oils i.e. olive oil, vegetable oil, fish oil etc. // Flax seed

The above recommend fat food sources can be used to cook food for a meal, as part of a meal or as a filling and nutritious snack.

VITAMINS & MINERALS

Don't forget to about your vitamins & minerals (micronutrients). These nutrients can be found in mainly fruit and vegetables and are essential for life, growth, reproduction, to prevent diseases and assist in energy transfer. When in a calorie deficit aim to consume around 2-3 portions of fruit and 2-3 portions of veg per day.

Fruit & Veg Sources : All berries // Apples // Bananas // Pineapple // Grapes // Tomatoes // Sweet potato // Nuts & seeds // Green leafy vegetables // Broccoli // Spinach

FIBRE

Make sure you consume enough fibre in your diet. There are two types of fibre; soluble fibre and insoluble fibre. A good diet should have both.

Soluble fibre decreases blood cholesterol levels and increases the passing of stools. Good sources of soluble fibre are; oats, barley, rye, bananas, apples, carrot, potatoes

Insoluble fibre can't be digested, it helps keeps bowels healthy and prevents digestive problems. Good sources of insoluble fibre include; cereal, bread, bran, nuts and seeds.

The recommended daily allowance (RDA) of fibre is between 20-40g per day.

TIPS & TRICKS

A LIITLE GUIDE

1. Add vegetables to your plate for volume – this will help fool your body into thinking it is getting more to eat.

2. Eat the majority of your carb intake around your workouts – This will allow you to have more energy for your workouts and will enhance muscle recovery between workouts.

3. Add healthy fats to each meal – By doing so will help aid satiety levels, keeping you fuller for longer.

4. Take your time when eating, eat until you're 80% full – It takes the body 15-20mins to process a meal and recognise if the stomach is full or not. To avoid overeating eat slowly and stop when you're 80% full.

5. Diet soft drinks can help with cravings – Implementing the odd can/

small bottle of diet juice into your diet will help satisfy your sweet tooth/sugar cravings. Everything in moderation!

6. Add seasoning to meat – The taste of meat can be boring so why not add some low cal seasoning to spice things up a bit, This will help keep your taste buds happy!

7. Low cal sauces for taste – Why make dieting harder than it should be? Add a small amount of low cal sauce to your meals to help keep you on track.

8. High protein foods for snacks/desert – This will help keep your metabolism in check as well as keeping you fuller for longer.



BREAKFAST

“Breakfast is the most important meal of the day”

A filling nutritious breakfast will help you start your day with plenty of energy and will help keep you feeling full for most of the morning.

Breakfast may include a good quality carb source such as oats with almond milk for some healthy fats and side serving of eggs for some extra protein. Another alternative is an omelette stuffed with veggies, this is another good protein, carb and fibre source. You could also add a side serving of fruit to help boost your vitamin count.

MORNING & AFTERNOON SNACKS

Having snacks throughout the day will help prevent you from feeling hungry and will provide you with a constant supply of energy. A light protein snack like nuts, protein shake or a bit of fruit with low fat yogurt work well here.

LUNCH & DINNER

Lunch & dinner is typically where people pig out, a mid-morning or afternoon snack should prevent this from happening. For Lunch and dinner try to eat lean meat (chicken, turkey, beef, fish etc.), green veggies (spinach, broccoli, asparagus etc.) and a small amount of carbs (white potato, sweet potato, cous cous etc.), unless it's your post workout meal, opt for a double serving of carbs.

EATING OUT

Most people like to socialise and eat out, and there is nothing wrong with that! However if you're serious about achieving your fitness goals, I recommend minimising how often you eat out per week for example; if you're someone who eats out 3-4 times per week, minimise yourself to 1-2x per week. Restaurants typically serve foods that are low in protein, high in carbohydrates, fat and calories, thus may lead to overeating. If you find yourself eating out a lot throughout the week, simply choose where you go to eat and what you eat sensibly. Be mindful of your fitness goals and opt to consume similar foods to those listed in the example meal guide.

EVENING SNACK

Depending on what you had for dinner an evening snack is ok to have an hour or so before bed. A protein shake or a tub of cottage cheese with nuts is great.

FREE MEAL

Adding in a “free meal” or “cheat meal” into your diet one day per week (normally at the weekend) when in a fat loss phase of training works really well. A “free meal” serves a number of physiological and psychological benefits, it can help boost the body's metabolism and energy levels as well as satisfy any food cravings, preventing unnecessary bingeing.

EXAMPLE MEAL

GUIDE BELOW



EX. MEAL GUIDE

MALE MEAL GUIDE



CHOOSE ONE OPTION PER MEAL / SNACK	OPTION ONE	OPTION TWO	OPTION THREE
BREAKFAST	EGG ON TOAST: 2X SLICE OF RYE/ WHOLEMEAL BREAD WITH 5 EGG WHITES (AND 1-2 EGG YOLKS) OMELETTE TOPPED WITH A HANDFUL OF CHERRY TOMATOES AND MUSHROOMS.	PROTEIN & NUT OATS: 1X CUP OATS WITH WATER, ADD TWO SCOOPS OF CHOCOLATE OR VANILLA WHEY, 10X ALMONDS OR WALNUTS AND CINNAMON TO TASTE. 1X APPLE.	LOW FAT FRUIT SMOOTHIE: 25G OATS, 1X HANDFUL OF FROZEN MIXED BERRIES, 1X SMALL BANANA, 1X SCOOP OF WHEY PROTEIN AND 250ML OF SKIMMED/ ALMOND/ COCONUT MILK.
SNACK	1X HANDFUL OF ALMONDS 1X PIECE OF FRUIT	1X SMALL POT OF LOW FAT GREEK YOGURT & 1X PIECE FRUIT	1X HANDFUL OF WALNUTS 1X PIECE FRUIT
LUNCH	GRILLED CHICKEN & QUINOA: 2X GRILLED SKINLESS CHICKEN BREAST. 1 ½ CUPS OF GREEN BEANS/BROCCOLI, PEPPERS AND ASPARAGUS WITH 100G COOKED QUINOA.	CHICKEN SANDWICH: 2X GRILLED SKINLESS CHICKEN BREAST. 1X SLICE TOASTED RYE/ WHOLEMEAL BREAD, TOPPED WITH FRESH BABY SPINACH/ROCKET, CHERRY TOMATOES.	BAKED POTATO & TUNA: 1X MEDIUM BAKED POTATO/ SWEET POTATO WITH 1TSP, OF BUTTER WITH 1X TIN OF TUNA (IN SPRING WATER) WITH A SIDE OF FRESH BABY SPINACH.
MID-SNACK	PROTEIN SHAKE: 2X SCOOPS OF WHEY PROTEIN WITH 250ML WATER/SKIMMED/ALMOND/ COCONUT MILK.	1X HANDFUL OF MIXED NUTS 1X PIECE OF FRUIT	2X SMALL POT OF LOW FAT GREEK YOGHURT & 1X PIECE OF FRUIT
EVENING MEAL	CHICKEN NOODLES & VEG STIR FRY: 2X CHICKEN BREAST, 1X SERVING OF WHOLEMEAL MEAL NOODLES, PEPPERS, SPINACH, RED ONION AND SOYA SAUCE TO YOUR TASTE	GRILLED STEAK POTATOES WITH STEAMED VEG: 1X LARGE FILLET STEAK WITH 5X BABY POTATOES, 2X CUPS OF BAKED OR STEAMED GREEN VEGETABLES (BROCCOLI/ GREEN BEANS/ SPINACH/ KALE)	GRILLED FISH WITH STEAMED VEG: 1X LARGE BAKED OR GRILLED WHITE FISH OR TURKEY WITH 2X CUPS OF BAKED OR STEAMED GREEN VEGETABLES (BROCCOLI/ GREEN BEANS/ SPINACH/ KALE)
EVENING SNACK	PROTEIN SHAKE: 2X SCOOPS OF WHEY PROTEIN WITH 250ML WATER-SKIMMED- ALMOND/COCONUT MILK	2X SMALL POT OF LOW FAT GREEK YOG	1X TUB OF LOW FAT COTTAGE CHEESE

EX. MEAL GUIDE

FEMALE MEAL GUIDE



CHOOSE ONE OPTION PER MEAL /-SNACK	OPTION ONE	OPTION TWO	OPTION THREE
BREAKFAST	EGG ON TOAST: 1X SLICE OF RYE/ WHOLEMEAL BREAD TOPPED WITH 2 SOFT POACHED EGGS, INCLUDE A SIDE OF ROCKET, CHERRY TOMATOES/ ASPARAGUS TIPS AND BALSAMIC VINEGAR FOR TASTE.AND MUSHROOMS.	PROTEIN & NUT OATS: 40G CUP OATS WITH WATER, ADD ONE SCOOP OF CHOCOLATE OR VANILLA WHEY, 5X ALMONDS OR WALNUTS AND CINNAMON TO TASTE. 1X APPLE.	LOW FAT FRUIT SMOOTHIE: 1X HANDFUL OF FROZEN MIXED BERRIES, 1X SMALL BANANA, 1X SCOOP OF WHEY PROTEIN AND 250ML OF SKIMMED/ ALMOND/ COCONUT MILK.
SNACK	1X HANDFUL OF ALMONDS 1X PIECE OF FRUIT	1X SMALL POT OF LOW FAT GREEK YOGURT & 1X PIECE FRUIT	1X HANDFUL OF MIZED NUTS 1X PIECE FRUIT
LUNCH	GRILLED CHICKEN & QUINOA: 1X GRILLED SKINLESS CHICKEN BREAST. 1 ½ CUPS OF GREEN BEANS/ BROCCOLI, PEPPERS AND ASPARAGUS WITH 100G COOKED QUINOA.	CHICKEN SANDWICH: 1X GRILLED SKINLESS CHICKEN BREAST. 1X SLICE TOASTED RYE/ WHOLEMEAL BREAD, TOPPED WITH FRESH BABY SPINACH/ROCKET, CHERRY TOMATOES.	BAKED POTATO & TUNA: 1X SMALL BAKED POTATO/ SWEET POTATO WITH 1TSP, OF BUTTER WITH ½ TIN OF TUNA IN SPRING WATER WITH A SIDE OF FRESH BABY SPINACH.
MID-SNACK	PROTEIN SHAKE: 1X SCOOPS OF WHEY PROTEIN WITH 250ML WATER-SKIMMED/ALMOND/ COCONUT MILK.	1X HANDFUL OF MIXED NUTS 1X PIECE OF FRUIT	2X SMALL POT OF LOW FAT GREEK YOGHURT & 1X PIECE OF FRUIT
EVENING MEAL	CHICKEN NOODLES & VEG STIR FRY: 1X CHICKEN BREAST, 1X SERVING OF WHOLEMEAL MEAL NOODLES, PEPPERS, SPINACH, RED ONION AND SOYA SAUCE TO YOUR TASTE	GRILLED STEAK POTATOES WITH STEAMED VEG: 1X FILLET STEAK WITH 5X BABY POTATOES, 2X CUPS OF BAKED OR STEAMED GREEN VEGETABLES (BROCCOLI/ GREEN BEANS/ SPINACH/ KALE)	GRILLED FISH WITH STEAMED VEG: 1X BAKED OR GRILLED WHITE FISH OR TURKEY WITH 2X CUPS OF BAKED OR STEAMED GREEN VEGETABLES (BROCCOLI/ GREEN BEANS/ SPINACH/ KALE)
EVENING SNACK	PROTEIN SHAKE: 1X SCOOPS OF WHEY PROTEIN WITH 250ML WATER/SKIMMED/ ALMOND/COCONUT MILK	1X SMALL POT OF LOW FAT GREEK YOG	½ TUB OF LOW FAT COTTAGE CHEESE

POST WORKOUT NUTRITION

You all too often hear “carbs are bad” etc blah blah blah! When really carbs are extremely important for the body to function properly and play a vital role in providing your body with energy for every day activities and intense exercise. Having a good understanding of how carbohydrates work within the body can work in your favour when aiming to lose body fat.

When carbs are consumed they are transported into the bloodstream out to the rest of the body by the help of the hormone insulin.

Insulin is released by the pancreas when carbs are ingested. The amount of insulin released depends on the type and portion size of carbohydrate consumed.

Complex take longer to digest and provide a steady supply of energy to the the body, resulting in low levels of insulin release. Simple carbs however are slightly different, they require no further break down and provide a quick release of energy, resulting in high levels of insulin being released.

The hormone insulin shuttles the fast acting glycogen through the blood stream to the working muscles to provide instant energy.

During intense exercise the body uses it’s stored carbohydrates/ glycogen to provide the working muscles with energy.

Post exercise the body’s glycogen stores are depleted and in need of replenishment. At this state the body has a high tolerance to the uptake of simple carbohydrates/ sugar, therefore a high carb meal/ snack containing; fruit, white potato, pasta, sweets etc will help fully replenish the body’s energy stores.

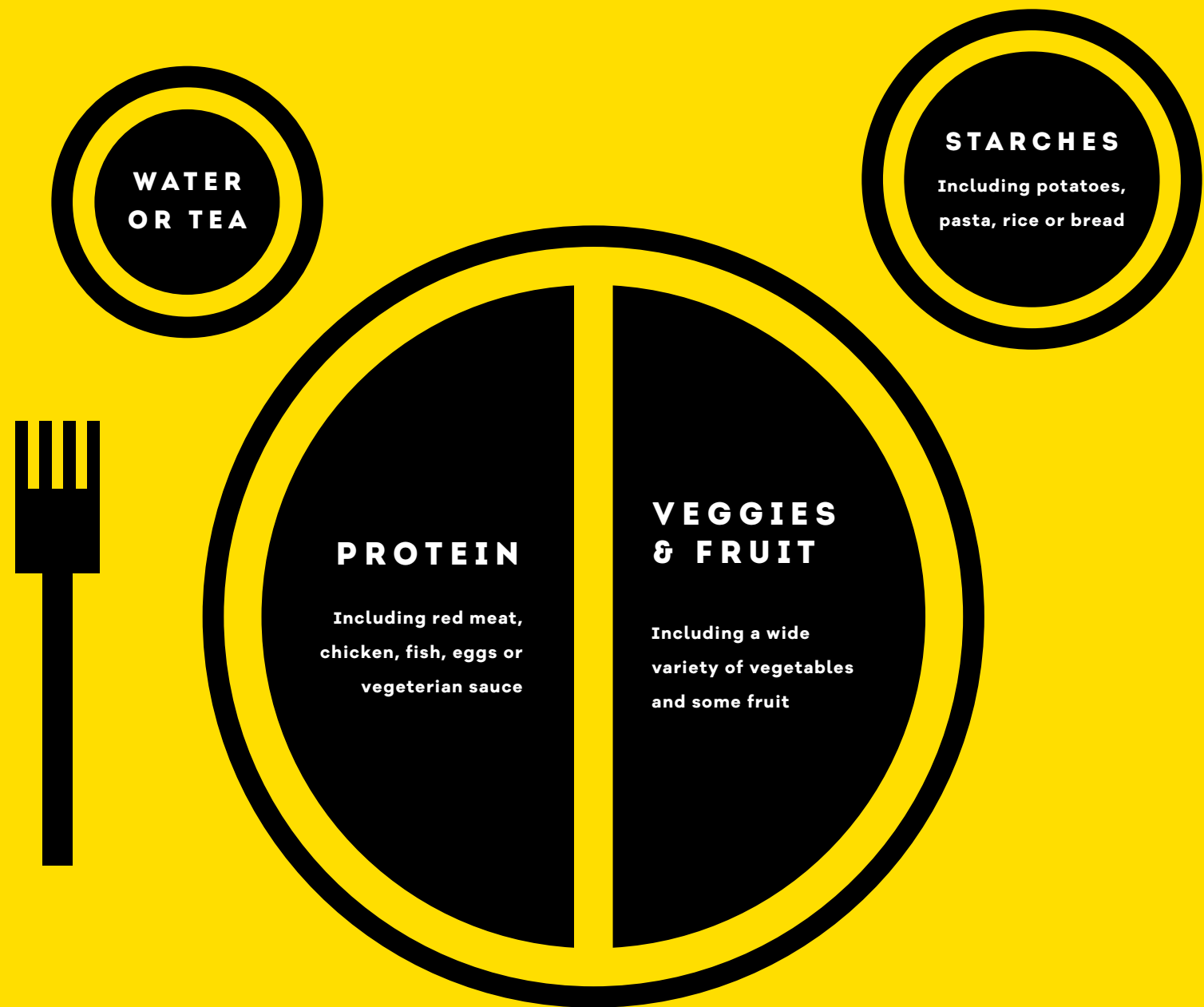
When you’re not exercising aim to consume more fibrous complex carbs; sweet potato, wholemeal bread, broccoli, oats etc. This will help maintain low insulin levels and will ultimately prevent you from craving foods high in sugar.

Consuming high sugar foods when you’re not exercising can have an adverse effect on the body and can stop you from losing fat. Ingesting high sugar foods when energy demand is not needed causes the body’s insulin levels to unnecessarily spike resulting in the excess glycogen being stored as fat/ triglycerides within the body.

POST WORKOUT MEAL

Your first meal after an intense workout

- Eat your largest meal of the day after exercise
- Eat more vegetables than fruit with this meal
- Choose mostly whole foods with minimal processing
- Choose local or organic foods when possible
- Use smaller or larger plates based on your own body size



FLEXIBLE DIETING

DETERMINING CALORIES



FLEXIBLE DIETING

EATING SPECIFIC MACRONUTRIENT

Flexible dieting or IIFYM (If It Fits Your Macros) is a diet based around eating specific macronutrient (protein, carbohydrates and fats) and calorie targets based on your fitness goals. This diet is lifestyle friendly with no food limitations and is practiced by bodybuilders, fitness enthusiasts and recreational gym users.

The key to long term “diet success” is self-control and moderation. Aim to consume 80% of your food intake from “good” or “healthy” low calorie high nutrient dense food along with 20% “bad” or “unhealthy” high calorie, low nutrient dense food. I call this the 80 by 20 rule.

You should know that having the occasional couple slices of pizza, bowl of ice cream, cookie or glass of wine is perfectly normal and it won’t set you back on achieving your fitness goals when consumed in moderation. Adopting this mind-set will allow you to satisfy any food cravings you may have and will stop you from bingeing; resulting in long term dieting success. As long as it fits your macros then you’re on track towards achieving your fitness goals!



DETERMINING CALORIES

My overreaching principle when dieting is this; consume as many calories as you can while still making progress. In other words if you can lose fat on 1600 calories per day then why jump to 1200 calories from the get go? This leaves very little room to manipulate calories when progress inevitably slows down. I know you want results yesterday but you need to think long term. Generally, the slower the progress, the more sustainable the results. So be patient and the results will come.

Take your body weight (BW for short) and multiply it anywhere from 12-14. If you're extremely active in your day to day life (lifting heavy things for several hours per day) then multiply your weight from the top end. If you live a relatively sedentary lifestyle and most of your activity is in the gym, you'll want to multiply your weight by 12. The number you get will be the amount of calories you are to consume per day.

Let's use Gemma McNight for an example here. Hypothetical 'Gemma' is 31 years old, 5' 4'' and is 140lbs. She would like to shift a few pounds for her wedding day. Gemma works as a college lecture which means she spends a couple of hours of standing and walking around per day. Moderately active we'll say. Gemma has no health complications and stress levels are normal and she weight trains 3-4 days per week. She makes an effort to eat whole minimum processed food however does not track her intake. Gemma likes a glass of wine or so with her dinners throughout the week. Gemma is a mesomorph, she has broad shoulders and her fat is even distributed around her body (she is not an apple or a pear shape). And has a good amount of muscle mass. Gemma also claims historically she can gain strength and build muscle fairly easily but can pile on fat just as easily.

Given the information above I would start Gemma off on 13x body weight which will mean her calories to start off will be 1820cals.

NAME	HEIGHT & WEIGHT
GEMMA MCNIGHT	5'4'' / 140LBS
ACTIVITY LEVEL & BODY TYPE	TOTAL # CALORIES
MODERATE / MESOMORPH	140x13 = 1820 CALORIES

DETERMINING MACROS

PROTEIN	4 CALORIES PER GRAM
CARBS	4 CALORIES PER GRAM
FAT	9 CALORIES PER GRAM

Protein will be your most important nutrient. In general 1.0gram per lb of body weight is a solid starting point. I personally like to go a bit higher when dieting and go for around 1.5g per lb of bodyweight so that I keep my hard earned muscle mass when dieting.

At current bodyweight Gemma is at 140lbs, then Gemma's protein intake will be 140grams.

When working out your carb intake a few important factors need to be addressed; how well your body tolerates carbs, your body type, your preference over carbs or fat and how physically active you are. The more you work out the more carbs you will need for energy.

I recommend for most a linear intake of carbs anywhere between 1.0 to 1.3 grams per lb of bodyweight.

Gemma doesn't do anything too crazy in the gym other than a few heavy weight session with a few metabolic sessions thrown in for good measure. For that reason I would go ahead and give her 1.1g per lb of body weight. $1.1g \times 140 = 154g$

Last is fats (no less important). Try to stick to consuming full fat sources like; eggs, nuts, avocados, coconut oil etc. The number of grams you consume is simply the number of calories left over from your protein and carbs divided by 9.

TAILOR CALORIES	1820
TOTAL CALORIES FROM PROTEIN	$140 \times 4 = 560$
TOTAL CALORIES FROM CARBS	$154 \times 4 = 616$
REMAINING CALORIES	CALORIES FROM FAT = $1820 - 560 - 616 = 644$

And 644 calories is the equivalent to 71.6g of fat. And finally round the numbers calculated to the nearest whole number, this means that her total daily macros are:

140G PROTEIN
155G CARBS
70G FAT
1800 CALORIES

TRACKING MACROS

When following a flexible approach to your diet, I recommend logging your daily food intake on a free downloadable app called my fitness pal. This is a great tool that allows you to stay on point with your macro and calorie targets. Once you have successfully downloaded the app, I then recommend manually entering your own calculated macro and calorie goals.

When using the app to track your food, allow yourself +/- 5 either way when trying to hit your macronutrient targets for that day. Be warned this may knock your calorie intake off slightly but not by much, so **DON'T STRESS!**

MEAL FREQUENCY

The whole point of flexible dieting is to be flexible with your eating and eat in a manner that suits your current lifestyle. This is where in my opinion flexible dieting trumps even the most detailed of meal plans.

When following a flexible diet approach to your eating, you are not tied to certain foods nor are you forced to stick to specific times in the day to eat each meal. This is not flexible dieting and is not sustainable in the long term.

"You are not a machine and therefore you should not live like one!"

How often you eat per day is entirely down to the individual.

Often the individual's current lifestyle will determine their meal frequency. If you are someone who can and prefers to eat every couple of hours, consuming 3 big meals and 2 smaller snacks per day, that's fine. If you are someone who can only manage and prefers to eat 2 or 3 larger meals per day then that is also fine. Whatever your preferred meal frequency, simply strive to keep it consistent & hit your macros and calories for that day.

In order to make it possible for you to hit your macros and calorie targets, I recommend consuming 20-45g of protein per meal. Snack on mainly protein, fats and small amounts of carbs throughout the day. And aim to consume the majority of your carbohydrates around your workouts as this will aid your performance and recovery time.

EATING OUT

This is where flexible dieting comes into its own.

Most people like to socialise and eat out, and there is nothing wrong with that! However if you're serious about achieving your fitness goals, I recommend minimising how often you eat out per week for example; if you're someone who eats out 3-4 times per week, minimise yourself to 1-2x per week. However if you do find yourself eating out a lot then make sure you're tracking your food appropriately.

Restaurants typically serve foods that are low in protein, high in carbohydrates, fat and calories, thus may lead to overeating. When tracking your macros when eating out, overestimate both the carb and fat serving for that meal, log it in your app and move on. Alternatively here are some tips to remain on point with tracking your macros when eating out;

1. Budget/ save some of your macros, in particular carbs and fat
2. Eat mainly protein and green leafy fibrous vegetables throughout the day
3. Search online for restaurant menu and select a meal best suited to your macros and calories
4. When in doubt overestimate food carbs and fat serving
5. Underestimate protein serving
6. Eat your typical meals and save some protein for eating out i.e. eat a meal high in protein and vegetables i.e. cesar salad without the dressing (depending on macros and fitness goals).

ADJUSTING MACROS

When in a fat loss phase of training, eventually progress will slow and plateau.

To keep progressing you have to create a further calorie deficit, this can be done by exercising more or eating less.

If you are someone who likes there food then I recommend increasing your exercise activity level i.e. if you're training 3x resistance training per week then simply add in another weights session or add on 10mins of cardio after each workout.

Or alternatively you can make minor adjustments to your overall calorie intake by manipulating your macronutrient targets i.e. if you're consuming 1800 calories simply decrease your calories by 200, this will be enough to allow your body to burn more fat.

SUPPLEMENTS

IMPROVE YOUR PERFORMANCE



SUPPLEMENTS

TOP TIPS



The topic of nutritional supplements is controversial, to say the least. Strong supplement proponents believe supplements are necessary for healthy energetic life; strong opponents will say you that supplements don't work and are simply promoted to make supplement companies rich.

I strongly believe supplements should be used as a "supplement" to a well-balanced diet. Aim to get the majority of your nutrition by consuming wholesome minimally processed foods and add in any additional supplements if required. Supplements will vary depending on the individuals; current health, lifestyle of performance needs.

It is very common for people to have a "good" or "bad" nutrition days. On a "good" day you may choose to skip the supplements whilst on a "bad" day supplements can be extremely beneficial, ensuring your body gets the right amount of calories, macronutrients and

micronutrients it needs to function optimally. To ensure you're always prepared and good nutrition is always available, a great essential nutrition strategy would be to pick up the 6 staple supplements and keep them on hand for the "bad days".

The 6 staple supplements;

1. Protein Supplement
2. Fish Oil Supplement
3. Multi Vitamin & Multi Mineral Supplement
4. Greens Supplement
5. Protein-carbohydrate (P+C) drink
6. Branched-chain amino acids (BCAAs)

Below is a table describing each recommend supplement, the food equivalent and the use of that particular supplement.



Supplement Types and Description	Food Equivalent	Notes on Use
Protein Supplement	Any dense protein food including meat, dairy, eggs, legumes, etc.	Use when a whole-food protein choice is recommended but inaccessible. Frequency depends on whole-food protein intake; if protein needs are met through food, supplement use will be infrequent; if protein needs are not met, supplement use will be more frequent
Fish Oil Supplement	Fatty fish such as salmon, anchovy, or sardine	Take with meals daily; a general recommended dose is 2-3g of total omega-3 rich food per day.
Multi Vitamin & Multi Mineral	Varied Diet	Should be taken every day.
Greens Supplement	Vegetables and fruits	Use when vegetable and fruit choice is recommended but inaccessible. If vegetable and fruit intake is high (up to 5 servings/ day) supplement use should be infrequent; if intake is low then supplement use should be more frequent
Protein-carbohydrate (P+C) Drink	Any protein and carbohydrate rich foods(P+C) Drink	To be used during high intensity exercise sessions when muscle and strength increases as well as athletic performance increases, are desired. // Use during workouts only.
Branched-chain amino acids (BCAAs) (P+C) Drink	Any protein rich foods(BCAAs) (P+C) Drink	During high-intensity exercise sessions when fat loss and muscle-performance prevention is desired. // Use during workouts only.

CARDIO TRAINING

LISS AND HIIT EXPLAINED



CARDIO TRAINING

Most of us are already aware of the several health benefits cardiovascular training provides; however to quickly recap, these include improved heart and lung capacity, reduced the risk of diseases (i.e. coronary heart disease, diabetes etc.) and increased fitness. Despite the obvious health benefits though, one thing the majority of us are most concerned with, is the role of cardio when trying to burn fat.

As the saying goes “there is more than one way to skin a cat” and the same applies to burning fat.

The two most common forms of cardio in relation to burning fat to improve overall body composition is LISS & HIIT, and below I will give a brief description of both.

HIIT (HIGH INTENSITY INTERVAL TRAINING) CARDIO

High intensity interval training is fast becoming the preferred method of training for burning fat. HIIT consists of working out close to maximum heart rate for a short periods of work followed by an even shorter rest period. Due to the high energy demand, and the overall stress placed on the body, HIIT sessions should last between 10-30mins.

As a result of the high intensity nature of these sessions; HIIT continues to burn calories for a long time after the work out as ended. Some reports suggest that the increased calorie burn can last for as long as 24-48 hours after. This differs from LISS cardio, where the calorie burn stops almost instantly after the workout has finished.

Despite its short duration and excess calorie burn, HIIT doesn't have to be performed on a cardio machine or outside running. Instead it can be incorporated alongside resistance training. This unique blend of training will allow you to get the benefits of both cardio and resistance training in one workout.

When planning on adding in cardio to your current exercise routine for the sole purpose of burning fat, the following points should be considered: Is your cardio sports specific? // What method of cardio do you prefer? // Do I want my cardio to interfere with my strength gains and burn muscle?

LISS (LOW INTENSITY STEADY STATE) CARDIO

Low intensity steady state cardio is a popular method used by many recreational gym goers in an attempt to lose fat. It involves working at a low to moderate intensity, and maintaining a steady heart rate over a prolonged period of time, to allow the body to use its fat stores as its main fuel source for providing energy. Because of its low intensity nature and low energy demand, LISS sessions can last from 30 to 90mins.

Due to its low intensity and therefore low energy demand, once you have performed a LISS cardio session, the calorie burn and benefits of that workout stop almost instantly.

HOW TO MONITOR

YOUR PERSONAL PROGRESS



Think of tracking your progress much like using a sat nav when driving a car: you have a destination to get to and you want to make sure you get there in sufficient time with as little upset as possible.

Monitoring progress will allow you to see how your body is responding to your diet and training. If you’re responding well, this will increase your motivation levels to achieve your fitness goals. If on the other hand there is little to no progress or you have reached a plateau, carefully monitoring progress allows you to make strategic dietary or training interventions to help you progress further.

Firstly weigh in’s should ONLY be done once per week!

If your primary goal is weight loss then weighing yourself is a MUST!

However please keep in mind that weight can fluctuate on a weekly or daily basis especially in females, this is why I’m strongly against weighing yourself every day. It’s important to remember the number on the scales only tells part of the fat loss story and other methods of monitoring progress, such as fortnightly girth measurements and monthly progress pictures, are essential.

The number on the scales is just that, a NUMBER! Don’t fall into the vicious cycle of beating yourself up based on a number.

All too often females in the gym will compare their body weight with each other, and will find themselves getting too caught up on what number they are in relation to their friend. And they typically believe

that “horrific” number shown on the scale is indeed all fat, **WRONG!**

No two people on this earth are completely the same; each person has a completely different and unique bodily structure. Your body’s weight is a combination of bone structure/ density, fat mass and muscle mass. Each individual will have a different proportion of each, and this is what determines overall body weight. Figure out what a realistic and healthy weight is for you (Don’t use BMI!!!) and use that number when tracking progress.

When monitoring your weight, to achieve an accurate reading make sure you weigh yourself on the same day each week. To get an accurate weigh in also ensure you weigh in at the same time of day, preferably first thing in the morning; once you have been to the toilet, with minimum clothing on and before food.

Before stepping on the scales, make sure the scales you’re using are positioned on a solid level surface.

PROGRESS	WEIGHT
POOR PROGRESS	LESS THAN 0.5LBS P/W
AVERAGE PROGRESS	0.5LBS P/W
GOOD PROGRESS	1.0LB P/W
EXCELLENT PROGRESS	MORE THAN 1LB P/W

If your weekly weigh in resulted in poor progress that week, then choose to either adjust what you’re currently eating or simply move more!

FORTNIGHTLY GIRTH MEASUREMENTS:

This is a great way to monitor progress especially when in a fat loss phase of training. Measurements can be taken by a partner or personal trainer and are used to see how the body is changing shape.

When taking your own measurements, some measurements are easier to record than others. An individual can choose to measure their waist (in line with the belly button), hips (around the bum) & thighs (around the middle of the leg) to help track fat loss. A decrease in these measurements will indicate fat loss.

This method should ideally be done on an empty stomach, first thing in the morning and once every 2 weeks using the same measuring tape.

MONTHLY PROGRESS PICTURES:

Progress pictures are a great tool to use when trying to alter body composition. They allow you to visually keep track of your progress and can be used as an indicator of whether or not your nutrition and training is having the desired effect.

I recommend taking progress pictures every four weeks to ensure any noticeable change in body composition can be recognised more clearly.

Have your partner or personal trainer take the progress pictures of you, make sure you're wearing minimum clothing (swim wear) or tight fitting clothing (gym wear) so progress can be recognised and recorded. A total of three pictures should be taken to gage progress: front on, side on and back facing. Also ensure the pictures are taken from full length in a well lit room.



STRETCHES

ITS WARM UP TIME

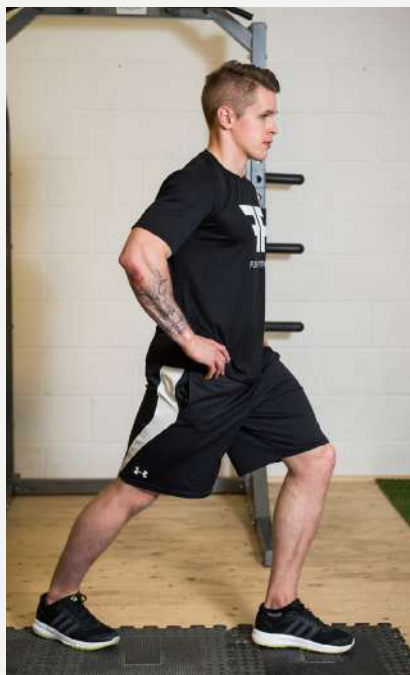


STRETCHES

THEY'RE IMPORTANT!



**HAMSTRING
STRETCH**



**CALF
STRETCH**



**CHEST
STRETCH**



**HIP FLEXOR
STRETCH**

STRETCHES

THEY'RE IMPORTANT!



**UPPER BACK
STRETCH**



**HIP
STRETCH**



**THIGH
STRETCH**

STRETCHES

HERES SOME MORE



LAT FOAM ROLL



HIP FOAM ROLL



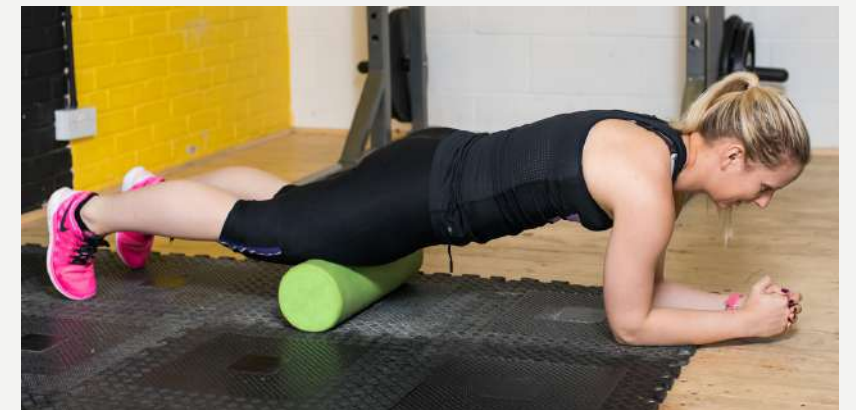
IT BAND FOAM ROLL



CALF FOAM ROLL



HAMSTRING FOAM ROLL



THIGH FOAM ROLL

EXERCISES

GET THEY MOVES RIGHT!



EXERCISES

LETS GET IT RIGHT



BB BENT OVER ROW



BB BICEP CURL



BB CHEST PRESS



BB CLEAN AND PRESS



BB DEADLIFT



BB FRONT SQUAT

EXERCISES

LETS GET IT RIGHT



BB LUNGE



BB REVERSE BICEP CURL



BB ROMANIAN DEADLIFT



BB SQUAT



BENCH DIPS



BURPEE

EXERCISES

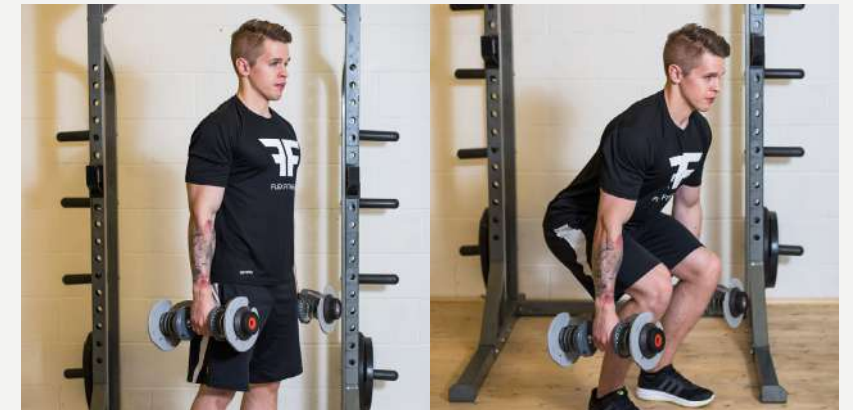
LETS GET IT RIGHT



DB BICEP CURL



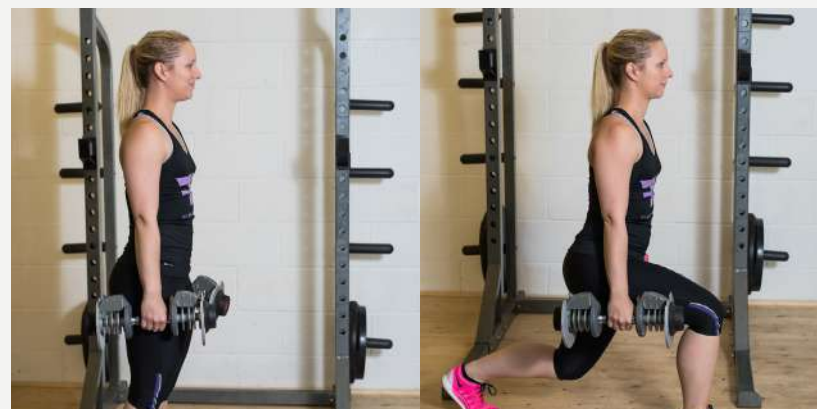
DB CHEST PRESS



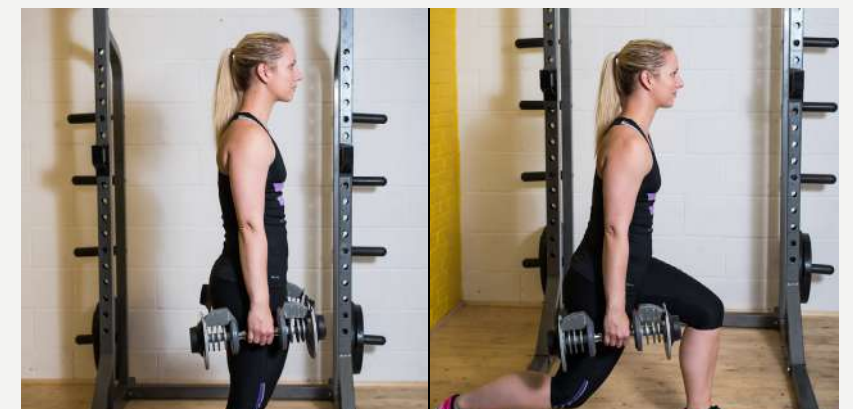
DB DEADLIFT



DB FRONT SQUAT



DB LUNGE



DB REVERSE LUNGE

EXERCISES

LETS GET IT RIGHT



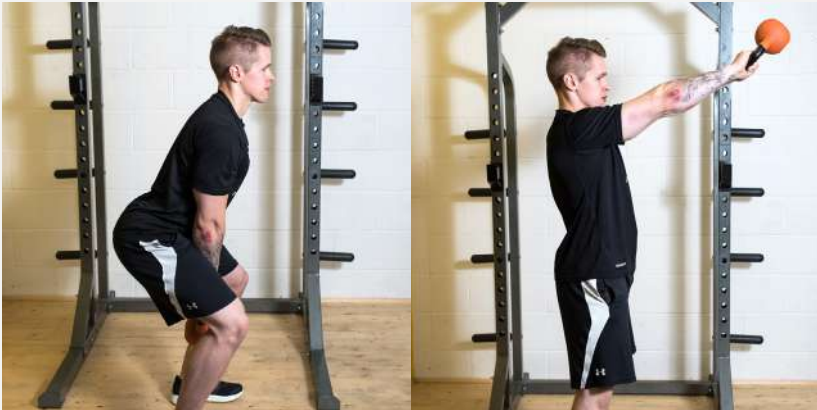
DB SPLIT SQUAT



INC DB CHEST PRESS



KB ALT SWING



KB SWING



LUNGE JUMP



MED BALL CRUNCH

EXERCISES

LETS GET IT RIGHT



MED BALL DOUBLE LEG LIFT



MED BALL KICK



MOUNTAIN CLIMBER



PRESS UP



PULL UP



KB SA SWING

EXERCISES

LETS GET IT RIGHT



STANDING SHOULDER PRESS



TRICEP PRESS UP



X-BODY MOUNTAIN CLIMBER



TRX SQUAT TO PULL UP



SQUAT JUMP



BB CLEAN

THE WORKOUT



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RESISTANCE	CONDITIONING	RESISTANCE	REST	RESISTANCE	CONDITIONING	REST

RESISTANCE

TRAINING



PHASE ONE

MUSCULAR ENDURANCE



PHASE TWO

HYPERTROPHY



Exercise	Sets	Reps	Rest	Tempo	Weight	Notes
A.BB Clean	3	8-12	60s	FAST		
B.BB Front Squat	3	8-12	60s	SLOW		
C.Incline DB Chest Press	3	8-12	60s	SLOW		
D.Pull Up/ Lat Pull Down	3	8-12	60s	SLOW		*WIDE OVERHAND GRIP
E.BB Dead-Lift	3	8-12	60s	SLOW		
F.BB Lunge	3	8-12	60s	SLOW		*PERFORM 8-12 REPS ON ONE LEG AND REPEAT
G1.DB Bicep Curl	3	8-12	60s	SLOW		*PERFORM EXERCISES G1 & G2 TOGETHER AS A SUPERSET
G2.Press Up	3	8-12	60s	SLOW		*PERFORMED ON FEET OR KNEES
H1.KB Single Arm Swing	3	15-20	30s	MODERATE		*15-20 REPS ON EACH ARM *PERFORM EXERCISES H1 & H2 TOGETHER AS A SUPERSET
H2.Med Ball Kick	3	16-20	30s	SLOW		*8-10 REPS ON EACH LEG
	Additional Conditioning (Optional); Weeks 5 & 7 – Treadmill - 2-3 min warm up & then 7x 30s sprints, max effort with 30s rest in-between. Weeks 6 & 8 – X-Trainer - 2-3 min warm up & then 7x 30s sprints, max effort with 30s rest in-between.					

PHASE THREE

STRENGTH



Exercise	Sets	Reps	Rest	Tempo	Weight	Notes
A. BB Clean & Press	3	6-8	90s	FAST		
B. BB Front Squat	3	6-8	90s	SLOW		
C. BB Chest Press	3	6-8	90s	SLOW		
D. Pull Up/ Lat Pull Down	3	6-8	90s	SLOW		*Narrow Underhand Grip-
E. BB Romanian Deadlift	3	6-8	90s	SLOW		
F. DB Split Squat	3	6-8	90s	SLOW		*Perform 12-15 reps on one leg and repeat-
G1. BB Reverse Bicep Curl	3	6-8	90s	SLOW		*Perform Exercises G1 & G2 together as a superset
G2. Tricep Press Up	3	6-8	90s	SLOW		*Performed on feet or knees--
H1. KB Alternating Swing	3	15-20	30s	MODERATE		*Perform Exercises H1 & H2 together as a superset-
H2. Med Ball Double Leg Lift	3	15-20	30s	SLOW		
	Additional Conditioning (Optional); Weeks 9 & 11 – Treadmill - 2-3 min warm up & then 8x 30s sprints, max effort with 30s rest in-between. Weeks 10 & 12 – X-Trainer- 2-3 min warm up & then 8x 30s sprints, max effort with 30s rest in-between.					

CONDITIONING

TRAINING



PHASE ONE

HIIT TRAINING



WEEKS 1&3

EXERCISE	SETS	REPS	TIME	REST	WEIGHT	NOTES
TREADMILL SPRINTS	6	AMRAP	20S	10S		
KB SWING	6	AMRAP	20S	10S		
MOUNTAIN CLIMBER	6	AMRAP	20S	10S		
SQUAT JUMP	6	AMRAP	20S	10S		
PRESS UPS	6	AMRAP	20S	10S		
TRX SQUAT TO PULL UP	6	AMRAP	20S	10S		
DB REVERSE LUNGE	6	AMRAP	20S	10S		
BIKE SPRINTS	6	AMRAP	20S	10S		

WEEKS 2&4

DESCENDING SPRINT INTERVALS

CAN BE PERFORMED ON ANY CARDIO MACHINE

5-10MIN WARM UP & STRETCH

1. 500M / 2. 400M / 3. 300M / 4. 200M / 5. 100M

60S REST BETWEEN EACH SPRINT

REST 2 MINS & REPEAT 1-2 MORE TIMES

5MINS COOL DOWN & STRETCH

PHASE TWO

HIIT TRAINING



WEEKS 5&7

EXERCISE	SETS	REPS	TIME	REST	WEIGHT	NOTES
TREADMILL SPRINTS	8	AMRAP	20S	10S		
KB SWING	8	AMRAP	20S	10S		
MOUNTAIN CLIMBER	8	AMRAP	20S	10S		
SQUAT JUMP	8	AMRAP	20S	10S		
PRESS UPS	8	AMRAP	20S	10S		
TRX SQUAT TO PULL UP	8	AMRAP	20S	10S		
DB REVERSE LUNGE	8	AMRAP	20S	10S		
BIKE SPRINTS	8	AMRAP	20S	10S		

WEEKS 6&8

DESCENDING REST INTERVAL SPRINTS

CAN BE PERFORMED ON ANY CARDIO MACHINE

5-10MIN WARM UP & STRETCH

1. 500M / 2. 400M / 3. 300M / 4. 200M / 5. 100M

90S REST FOLLOWING THE FIRST SPRINT THEN DECREASE THE REST BY 10S SECS AFTER EACH SET

REST 2 MINS & REPEAT 1-2 MORE TIMES

5MINS COOL DOWN & STRETCH

PHASE THREE

HIIT TRAINING



WEEKS 9&11

EXERCISE	SETS	REPS	TIME	REST	WEIGHT	NOTES
TREADMILL INCLINE SPRINTS	8	AMRAP	20S	10S		* BETWEEN 5-10% GRADIENT
KB ALTERNATING SWING	8	AMRAP	20S	10S		
BURPEE	8	AMRAP	20S	10S		
TRICEP PRESS UP	8	AMRAP	20S	10S		
LUNGE JUMP	8	AMRAP	20S	10S		
ROWING MACHINE SPRINTS	8	AMRAP	20S	10S		
X-BODY MOUNTAIN CLIMBER	8	AMRAP	20S	10S		
BIKE SPRINTS	8	AMRAP	20S	10S		

WEEKS 10&12

30/30 PROTOCOL

CAN BE PERFORMED ON ANY CARDIO MACHINE

30S OF INTENSE HARD WORK FOLLOWED BY 30S OF RECOVERY

BOUT SHOULD ONLY LAST FOR 10-15 MINUTES

ALLOW FOR 5-10MINS TO WARM UP/COOL DOWN



WELL DONE!

WHY NOT TWEET YOUR SUCCESS?



#ILOVETOFLEX