



Welcome TO THE LIFESTYLE TRAINING FOR THE BUSY PERSON!

I first want to thank you for choosing me as your coach. I'm excited to embark on this stage of your fitness journey with you and will do everything I can to ensure that you succeed.

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

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

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

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way.

Your Coach,

Wallace



HOW THE ONLINE PROGRAM WORKS

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

How workouts are delivered:

- Workouts will be delivered via the Trainerize software program
- Trainerize is best accessed using the Mobile App, Google Chrome or Mozilla Firefox
- Once your account has been set up you will receive a welcome email
- Create a login and password
- In your training account there is a calendar setup where your workouts are located
- If you experience any problems accessing your account, please email me at wallace@you-be-fit.com.

Email communication:

- Email correspondence will primarily be generated from the Trainerize email messaging system
- Alternatively, emails will also be sent from my email account: wallace@you-be-fit.com
- It is recommended to add both addresses to your email "safe list"
- Feel free to send me an email anytime and I will respond within 24 hours of receipt during business hours

Workout terminology:

- **Rep:** One performance of a single exercise.
- Set: Number of repetitions performed without stopping.
- **Tempo:** Speed at which one repetition is performed. It is denoted with 4 numbers (ex. 4-0-1-0). Each of the 4 numbers is in seconds.
- **Rest:** Time in seconds between two sets.



TRACKING PROGRESS: Remember That Progress Comes in Many Forms

**The scale will not, and should not, be the only method to track weight and progress!

- Weight: Record your starting weight in your profile at the start of your program.
- Inches: Record your inch measurements under your profile (instructions are provided).
- Visual tracking: Take pictures front/side/back (instructions are provided).
- **Commitment/Accountability:** Check in at the beginning of the workout. Aim to complete as many at least 3-4 workouts a week.
- **Strength:** Record the weight used for every workout. Each week aim to increase the weight you use every set by 2-5 pounds.

Training days:

- **Warm up:** ALWAYS begin a workout with a 5-10 minute warm-up. There is a warm up video located on your dashboard and calendar.
- **Cool down:** ALWAYS complete a workout with a 5-minute cool-down and stretch. There is a cool down video located on your dashboard.
- Form: Perform the exercises with good form; feel free to send any video sessions.
- Increase the weight you use every set by 2-5 pounds. If you can't increase, go down and try again. PUSH YOURSELF.
- The weight you use for your second set will be the weight you will start your second week sets with this will help keep you toned and strong.

Cancellation policy:

You can request to suspend your account if you are going to be away for a **minimum of two weeks**. Written notice should be provided at least two weeks ahead of time. The time will be credited at the end of the package period. Each client has a **maximum** of <u>one</u> 2-week hold period for every 3 months of training.



TIPS FOR SUCCESS!



Maintain contact with your online coach:

- Your program is customized according to your needs/lifestyle, schedule, etc. Maintaining contact and providing feedback is important to determine how your program will be designed. For example: which exercises were challenging, too easy, hurt etc.
- Keep me posted on any travel plans etc. so I can make adjustments accordingly and help you stay on track.

You must hold yourself accountable:

- I'm here to hold you accountable and to help you reach your goals but ultimately YOU are responsible for completing the workouts.
- Set concise, measurable goals and write them down before starting your program. For example: I want to lose 5% body fat.
- Setting goals will help you stay on track.

As indicated in your PARQ form, make sure you are cleared to perform the exercises by a medical professional. Do not perform them if you currently have or have any history of cardiac, respiratory, spinal or injury based problems.



Strength training:

Training split promotes muscle growth, strength, and adequate recovery.

Cardio:

**Doing an endless amount of steady state cardio will hinder your progress. Recommended amount of cardio to promote cardiovascular conditioning and fat burning is generally three days a week - on non-lifting days or after lifting sessions.

Nutrition:

A common mistake people make: NOT EATING ENOUGH!

You need to create a caloric deficit by reducing your calorie intake slightly. If you go too far below your maintenance calories your body goes into starvation mode. You shed muscle and store calories as fat for a future energy source. Not eating enough supportive foods also lowers the amount of calories you burn - less thermic meals equals less body fat burned. This can lead to metabolic damage and thyroid issues.

Macronutrient breakdown:

All three macronutrients are important when it comes to losing weight and building lean muscle.

- 1. Protein is essential for repair, rebuilding, and putting on muscle
- 2. Carbohydrates will help fuel workouts, stimulate glycogen replenishment and insulin for nutrient delivery, and protein synthesis.
- 3. Essential fats are needed for hormone development.

1. Protein:

- Strength training will place an increased amount of stress on your body, making your muscles starved for protein.
- Since the focus is to build lean muscle it's very important to replenish your body with adequate and wholesome protein sources.
- Common sources of protein include chicken, fish, lean red meat, and eggs.

2. Carbohydrates:

- It is very important to consume a sufficient amount of glycogen for energy and recovery.
- Select complex carbs such as whole grains, sweet potatoes, oats, quinoa, brown rice, green veggies, berries, apples etc.

3. Healthy Fats:

- Healthy fats in small doses can lead to an increase in lean mass and strength.
- Sources include coconut oil, avocado, cashews, almonds, and olive oil.

Hydrate:

• Try to drink 2.7 liters (8-12 cups or 3 quarts) of water each day.



FREQUENTLY ASKED QUESTIONS ON GYM ETIQUETTE

Many people feel uncomfortable at the gym. Here are the five most important rules to consider throughout your workout.

1. The no-lift zone

Avoid lifting a weight within 5 feet of the dumbbell rack. It doesn't matter if you're doing shoulder press, split squat, biceps curls, goblet squats or anything else.

Pick up the weights and take 5 giant steps back.

2. Avoid the *ab-zone*

Most gyms have a designated area for mats, balls, Bosu balls, etc. Avoid taking heavy weights into that area. It's designated for stretching and ab work. By taking up their space you force others to take up your space (see the next point).

3. Keep mats out of the way

For safety purposes, avoid setting up a mat in between two benches in the free weight zone. We don't want a weight dropping on your head!

Even if the gym is empty try set up your mat out of the way.

4. Avoid walking in front of somebody else in the middle of a set

If somebody is in the middle of their set, try your best not to cross their field of vision. Take the long way around if you have to. If you can't take the long way around, wait for them to finish their set before walking in front of them.

5. Put your weights away





GUIDELINES

Training sessions must be short

Long training sessions (anything over 60 minutes, not including the warm-up and cool down) are ineffective for rapid fat loss. Workouts over 60 minutes are a recipe for overtraining, stagnation, and boredom. From what I've observed with clients, performance starts dropping after 45 minutes. A shorter session means pinpoint focus and higher intensity. For each workout, you'll know exactly what to do and how. It's important to execute efficiently, like a machine. For some people, caffeine before a workout helps (but not after 4 pm).

Training sessions must be intense

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

Training must be consistent

If you want to see results, you must do the work and do it often. You can have the best training sessions in the world, but they will be rendered ineffective without consistency. The high level of frequency ensures a consistently elevated metabolic rate, and a tremendous surge of EPOC, which means you'll be burning calories well after your body stops working out. Flashy fitness sites call this the afterburner effect. Any activity is better than no activity – if there are days where you think you have no time to workout, ask yourself if you are being 100% honest and also let me know and I will create a quick workout for busy days.

Your body must recover

Usually, your strength training workouts will be 48 hours apart. If you're still sore/fatigued/ exhausted on a strength-training day, notify me.

Cardio

Unless training for a long distance endurance event, most of all the cardio prescribed is **High Intensity Interval Training** - intense work alternating with rest. Studies showed that HIIT is about 9x more effective for fat loss than traditional distance cardio, not to mention it saves a lot of time.

An example of HIIT would be to run at about 75-85% of your max effort for 30 seconds, walk for 60 seconds, and repeat for 3 rounds.



SAFETY



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

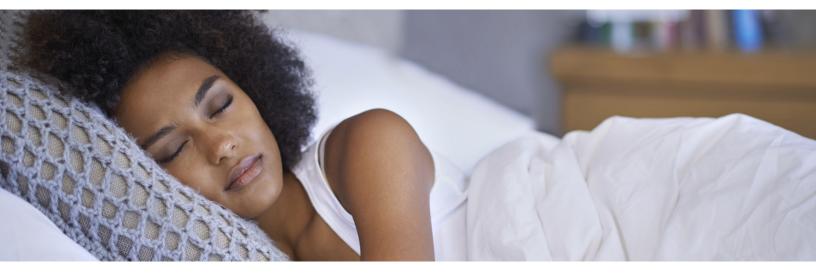
Good pain vs. bad pain

- Mild discomfort is part of the exercise process and is necessary for the improvement of performance and physique.
- **The burn** is good pain. It should be short-lived and felt only during the exercise.
- **Fatigue** after a workout should leave you exhilarated but not exhausted. Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as over-training and is not good.
- **Soreness** is common, especially for muscles that have not been exercised for long periods of time or when you perform an exercise that you are not accustomed to. Soreness typically begins within a few hours but peaks two days after exercise. This is referred to as delayed onset muscle soreness and is normal when beginning a new fitness program.
- **Bad pain** is usually caused by the improper execution of an exercise. Nothing should really hurt. Immediately notify me and/or a physician of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.
- It is recommended to perform each exercise with NO WEIGHT to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead. Warming up is a crucial part of injury prevention and prepares your body for exercise by lubricating your joints.

Notify me of any extreme soreness that may occur. It is counter-productive to train through soreness.



SLEEP



I could write about the countless studies of why sleep is important for you, your appetite, your mental health, your happiness, and especially your fat loss.

But I'm not going to bore you with the science stuff. That's not the approach I take with fitness.

- **Get 6-8 hours of quality sleep every night.** I can't stress how important this is for both fat loss and muscle gain, especially when you're in workout mode.
- Have trouble falling asleep early? Form a sleep ritual: two hours before you want to go to bed, dim the lights, and unplug from all electronics. Try sleeping with your cell phone in another room. Replace watching TV with some light reading.
- If you're still having trouble, try a melatonin supplement and/or drinking chamomile tea before bed.

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