



CLIENT NAME: MARIELLA AGLIAM

What is your current fitness routine: No current fitness routine, the most i do on daily basis is walking during a commute + optional pa sometimes when I take a Grab if super late na magising for a class OR too tired from a night class.

Current diet: So bad, like i eat A LOT, and everything i think of. I satisfy my cravingsSSS all day round just keep myself sane on stressful days.

What are your current struggles: Overeating

Why do you want to start this journey: I want to restart my healthy lifestyle.

Do you consider yourself a driven person: YES!

Other information that you want me to know: I can send my school schedule if you need for reference, just in case you need it as you craft a program.

Do you have gym access or you're leaning towards home workouts: Yes, sa condo hehe! I can send you pics as well para alam mo yung equipments and stuff.

Workout Program Breakdown and Nutrition Guide:

Main Objective:

- Restarting your healthy lifestyle.
- Our primary goal is to focus on weight and fat loss.

How do we achieve this?

- By emphasizing calorie burning during workouts and building muscle.
- Why build muscle?
- It helps us burn more calories even at rest.

Program Design:

- The program is tailored for both fat loss and muscle gain. Hence, shorter rest periods between sets (10-30 seconds) and a focus on conditioning with cardiovascular exercises and lighter weights for more repetitions.

Weeks 1-2: Getting Started

- These initial weeks reintroduce you to the routine, with bodyweight exercises and High-Intensity Interval Training (HIIT).
- Expect to sweat and feel out of breath as your body readies itself for endurance and more cardio.
- Note: You might feel like giving up, but remember, this is your training ground. Push through, challenge yourself, and realize your body can endure more than you think. It all starts with your mindset.

Schedule:

- Day 1: Full-Body HIIT
- Day 2: Light HIIT
- Day 3: REST DAY
- Day 4: Lower-Body Focused
- Day 5: Intense HIIT Finisher
- Day 6: Active Rest Day
- Day 7: REST DAY

Weeks 2-4: The Beginning

- These weeks combine conditioning and muscle building, which can be both challenging and enjoyable.
- Expect soreness as your muscle fibers adapt and grow with proper recovery.
- Remember, gaining lean muscle means burning more calories at rest.
- Note: To succeed during these weeks, maintain a caloric deficit—eat less and burn more. It's not easy, but it's achievable. Keep a vivid image of your desired body as motivation, and manage your portions wisely.

Schedule:

- Day 1: Full-Body Strength
- Day 2: Light HIIT
- Day 3: REST DAY
- Day 4: Upper-Body Strength
- Day 5: Lower-Body Strength
- Day 6: Active Rest Day
- Day 7: REST DAY

Weeks 4-8: Progression

- This phase emphasizes muscle building and fat loss through progressive overload. Lift heavier, do more repetitions, and push yourself further.
- Notice your body changing, revealing more definition. This indicates muscle growth and fat loss.
- Note: This phase can be addictive. You'll want to lift more, feel less tired, and stay motivated. It's essential for building the unbreakable habit of going to the gym. Stay persistent, disciplined, and focused.

Schedule:

- Day 1: Full-Body Strength
- Day 2: HIIT
- Day 3: REST DAY
- Day 4: Upper-Body Strength
- Day 5: Lower-Body Strength
- Day 6: Active Rest Day
- Day 7: REST DAY

Weeks 8-12: Finisher

- By now, you've built the habit of consistent gym attendance. You've learned that taking care of your body is the foundation for everything.
- Your mental and physical well-being improves, and this phase is life-changing.
- Continue with Grit Dominate's services and embrace a healthy and fit life. Unleash your inner beast!

Schedule:

- Day 1: Full-Body Strength
- Day 2: HIIT
- Day 3: REST DAY

- Day 4: Upper-Body Strength
- Day 5: Lower-Body Strength
- Day 6: Active Rest Day
- Day 7: REST DAY

Nutrition Guide:

- Start tracking your calorie intake using the "MyFitnessPal" app. It provides an idea of your caloric deficit.
- Focus on higher protein intake (chicken, fish, beef) and reduce carbs and processed foods. Snack on nuts like almonds and cashews to curb your appetite.
- Remember: Don't completely cut out your favorite foods. Have a cheat day if you've earned it by showing up for workouts. Control your portions and consume them in moderation.*

Final Note:

- With Grit Dominate's cardiovascular-muscle building program, a caloric deficit, and proper nutrition, you'll reach your goal quickly. Dedicate the next three months to self-improvement and enjoy the journey.
- Consistency is key, even on tough days. As Kobe Bryant said, "Rest at the end, not in the middle." It's time to get to work!