

FITNESS FOUNDATIONS

A BEGINNER'S GUIDE



LOSE FAT
BUILD MUSCLE
LIVE HEALTHY

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THE AUTHOR



Thank you very much for purchasing my eBook. It means a great deal to me helping others achieve their fitness goals. I'm very passionate about fitness and I hope you are as well. Fitness has helped me a great deal in my everyday life. It has given me structure, discipline and improved many aspects of my life outside of the obvious of good health, including my family and friend relationships and carried into strong focus in my professional career. This is why I love advocating a healthy lifestyle. Without further ado, let me introduce myself and tell you a little about my fitness journey and background.

My name is Dave (age 40 at the time I'm writing this), and I've been into fitness since school where I played high school and collegiate baseball and basketball. My grandmother gave me my first set of dumbbells at age 10, and I did nothing but arm curls for years. I had great biceps in my early teens, however not much of anything else!

I trained at the local high school and college gyms before joining my first "real" gym at age 20 and have never looked back. I've experimented with a ton of different methods during my fitness journey. This experimentation flowed into nutrition as well, from dirty bulking to eating every 2-3 hours to eating only "clean" foods, as well as diets including Paleo, Keto, and IIFYM ("If It Fits Your Macros").

I am a natural bodybuilder, so this guide will only aid those who are not enhanced by any means, as I do not practice or provide any information or knowledge beyond the natural realm of natural fitness. Sports, pushing my body to the limits, and discovering my true potential in athleticism, has always been very intriguing to me. While studying in Computer Science Engineering during my college years, one of my first jobs was at GNC Supplement Store, where I became fascinated with bodybuilding. It was here that I learned a great deal of information about supplementation and some basic nutrition. After graduating from college and landing my day job as a Software Engineer, there was a void of being an athlete. This is where bodybuilding filled the gaps for me.

I am not a certified personal trainer or nutritionist, nor do you need to be one either to have success! Everything I document in this eBook is from my almost 24 years of healthy lifestyle experience. It is my goal to share with you, my fitness enthusiasm and thirst for continued knowledge and growth so you may also practice in your own fitness journey.

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INTRODUCTION

Hello, if you are reading this, you've purchased this eBook beginners guide to fitness strategies, techniques, and methodologies that I've acquired over time with my lifting career and overall fitness goals. Like many, I have spent a great amount of time trying to find the best methods of dieting, training, and so forth only to be disappointed in my results from being fed false information and following the herd of "bro science" fitness myths.

There's so much information readily available through books, online, and in conversing with your fellow gym-goers. A lot of it is very valuable, but at the same time it's hard to sift through what is not of value or what flat does not work. It took me a long time to figure that out and I only wished that I had Google, YouTube, etc. whenever I started my own fitness journey over 20 years ago. What I've brought to you is from my extensive experience of research, trial and error.

I'm sure most of you can agree with finding the right information and thinking "Ok, I have it all together now", until you find more information to only contradict what you thought was correct. My goal with this eBook is to help others eliminate the guess work at the beginner's level, so you can get strong start and not lose time finding the correct information.

This book is geared to beginners. What do I define a beginner? One who either hasn't started lifting, has just started in their fitness journey at a gym, is incorporating compounds movements for the first time, and/or is also striving to diet correctly for their goals for the first time. I will have example workouts and meal plans in this book to use as foundations and help guide you in creating your own workouts and meal plans. By the end of this book you should be able to find your maintenance calories, calculate macros to either cut or bulk, and have a planned workout schedule.

I hope this beginner's guide of training and nutrition helps you in your journey as much as it did for myself when I finally started unlocking my potential and truly finding out what really works when it comes to this lifestyle.

MINDSET AND LIFESTYLE

HOW TO ACCLIMATE TO A HEALTHY LIFESTYLE

When we begin on fitness journey, it can be quite intimidating to incorporate many changes in one's lifestyle. There are social events to navigate, wondering what if I go off my diet or what if I miss a workout, etc.

Even though you are making these changes in order to improve your life, you also should live and enjoy your life outside of/alongside of your healthy nutrition and gym-going. I had this realization several years back when I was super strict - never going out to eat, not attending social functions and constantly living in the gym.

While it may seem like it takes a lot of work to obtain and maintain great health and a great physique, it truly comes down to learning how to balance your day to day. Whether you are high school or college student, a professional striving to make it up the ranks of his or her career, or the mothers and fathers out there supporting their families.

Try to not stress if you didn't get enough protein one day or if you've missed a few workouts. There's a common misconception that everything is an either/or situation and it is either black or white. The truth is that it is somewhere in between. Don't stress if you didn't eat 100% clean and had some treats (cupcakes! pizza! margarita!) here and there. We are all human. A 'misstep' here and there really is not that big of a deal. Just get back on your plan and pick up from where you left off.

The body works in averages - if you think about making progress for full week versus on a day to day basis it presents itself in the bigger picture. If you have a bad lift at the gym and struggling on strength, there are so many variables that may play a role into what may be the reason. Perhaps you had less carbs the night before or less water intake throughout the day, etc. The same goes for the daily weigh-ins. The scale is just a tool and even the scale has its faults in showing you true progress since it does not show you re-composition (also known as losing fat and gaining muscle at the same time). This is very common with the new lifter once the body has been put through a brand-new stimulus for growth. I will show you a method of how to handle these fluctuations on the scale so you can gauge the trends accordingly.

Everyone starts from the beginning. And as a beginner, you are new to tracking calories, macronutrients and workouts - do not over complicate that. Consistency is king/queen. If you are consistent 95% of the time, you are bound to make great changes in your overall health and physique.

ENERGY BALANCE DIETARY PRINCIPLES 101



INTRODUCTION TO DIET AND NUTRITION

In this chapter we will discuss the basics of diet and nutrition. We will not cover advance techniques such as carb cycle, refeed days or intermittent fasting, etc. I'll leave that open to yourself if you would like to add in extra tools here and there. Many individuals get lost with all these additional tools.

Let's dive into what we need to know about "diet and nutrition". All foods are calories and these foods are made up of macro nutrients. It is important to get this concept down because it's the foundation and understanding of how you can make your diet enjoyable and one that works. A key word to keep in mind is "Adherence" – which is basically defined as how well you adhere to a diet. In order to build adherence, you have to enjoy the foods you eat. Otherwise you are going to fail in getting results from your hard work at the gym. No matter how you want to slice it, no training will reverse the effects of a bad diet. Once you realize that having a good diet only speeds up your results, you will soon learn how certain foods, different volumes of foods make you feel and perform optimally to fuel your workouts in the gym.

As a beginner, I recommend you just starting to track calories and macros. It is not necessary to be meticulous with your tracker, although I would strongly suggest the more accurate you are with tracking the better the results will be. I will be discussing first how to find your maintenance and target calories, as well as deriving the macros nutrients from this intake. Additionally, I will show you example setups of diets and how each meal can be broken down into their own macros which, in total, summarize your daily eating caloric intake.

THE BASICS OF MACROS AND CALORIES

Calories determine whether we lose, gain or maintain weight. I'm sure you've heard it time and time again, that you need to eat less and exercise more to lose weight, or you need to eat a lot of food to put on muscle. The truth is somewhere in the middle. It is technically correct, but how much is always the question and how much for your specific individual needs. Once I realized each person needs their own specific formulas of macro and calories to meet their goals, it became all so clear to me that one magic formula.

You do need to be in a deficit in order to lose weight. You do need a caloric surplus to gain muscle. And to maintain, you need to eat the same number of calories that your body is burning. In order to calculate all these numbers though, we need to understand how many calories are in each macro first. There are 4 calories per gram of protein, 4 calories per gram of carbohydrate and 9 calories per gram of fat. This is going to determine the total caloric intake for your daily requirements to meet your goals. We will start with a baseline which is your maintenance calories.

HOW TO FIND YOUR MAINTENANCE CALORIES?

In order to know which direction we want to approach our fitness goals, we first must establish a baseline. What do I mean by baseline? In short, this is where your body likes to hang out at, basically homeostasis. You are neither losing nor gaining weight, therefore the body is in a stable weight for the number of calories you are consuming. h

Keep in mind that this is an estimate and the variations can differ per individual because of different lifestyles, every day activities such as work. (i.e. Desk job, construction work, etc.) This type of calculation can sway in one way or the other. For the most part the activity level standards discussed below are set for an individual that is going to train in the gym at least 3-6 days a week. The activity level is not only gauging what is being burned in the gym; it is also going to encompass your activities just as a person at rest, this is how many calories you will burn if you absolutely did nothing and lay in bed all day. It's not something that you need to worry about though as it's figured in in the activity multiplier. This is basically called NEAT (Non-Exercise Activity Thermogenesis).

Another thing to keep in mind, is that our metabolism is completely different from one individual to the other, the resting calories burned when comparing two individuals sitting in an office cube next to each other with identical height and weight could be completely different (Jason's resting calories burned is 2300 vs. Dave's resting calories burned is 1800). It's a large variance that is highly individualized and that is what we must figure out in order to pin point as accurately as possible for your fitness goals. Let's get started with the first method by using the below formula.

MAINTENANCE FORMULA:

BODY WEIGHT X 10 (or multiply in kilograms by 22) X ACTIVITY LEVEL

Using myself as an example:

Dave: 5'8, 155lbs

Composition: 10% body fat

*155lbs X 10 = **1550***

Once we have this number, we will now take it against the activity multiplier. You can find several different ones online as well, but for the most part here's what I've researched and gathered as more the baseline formulas use.

The activity multiplier is number that represents your daily lifestyle activity. The range falls between 1.3-2.3 as presented below:



Sedentary/Low Activity, Desk Job, or a "Slow Metabolism" Range: 1.3-1.6

Lightly Active Range: 1.5-1.8

Active Range: 1.7-2.0

Very Active, or a "Very Fast Metabolism" Range: 1.9-2.3

I will choose “Active” for this example:

$$1550 \text{ (maintenance calories: body weight X 10) X 1.7 (Active Multiplier) = 2635}$$

The second method here is very cut and dry. Using the same example from above:

Dave: 5'8, 155lbs

Composition: 10% body fat

$$155\text{lbs} \times 16 = 2480$$

The quick & dirty method establishes “Dave’s” maintenance calories at **2480**.

I’ve provided two methods here to try and find the baseline maintenance calories. As a reminder, these are formulas and merely a baseline. This, of course, is not exact because not one individual sitting next to each other is exactly the same. One individual will move more throughout the day than the other or move less. Given this, taking someone else’s macro nutrient breakdown is highly unsuggested as that is specific to their needs for their activity level.

With that being said, I will however show you a method that I use to fine-tune your maintenance calories further in this chapter for finding exactness. But first we must move on to what everyone always wants to know...

HOW TO FIND MY MACROS?

The first place to start is protein. The ranges of protein are anywhere from 0.7-1.2 grams per pound of body weight. If you are on the leaner side, you can go higher on the amount of protein in order to sustain lean muscle mass. Thus if you are on the heavier side and not as lean or overweight, you can lean towards the lower end of the spectrum.

Next up is our fat macro intake. Since the fat macro is important for our hormones, there is a certain level of recommendation not to go below. Most say 15-20% on a deficit, but for maintenance sake we can play it safe and go a bit higher at around 40-50%+. I will demonstrate later adjusted macros to lose weight to where we can utilize the lower percentages. Fats and carbs are very much individual preference as some may like to allocate their intake slightly higher on carbohydrates because they feel better on a higher intake and are concerned about fueling their workouts. Others may like to have higher fat and lower carbohydrates since it may make them feel brain foggy and less optimal. It’s all individual at the end of the day.

The last macro we have is carbohydrates to figure out and that’s essentially whatever is left over after protein and fats subtracted from your total maintenance calorie intake. Below I will demonstrate an example of Dave weighing at 155lbs and his maintenance macros.

Let us start with the active lifestyle example. Don't worry - you can choose the quick and dirty version if you like as well, but like I said previously we can fine tune these later in this chapter.

1550 (maintenance calories: body weight X 10) X 1.7 (Active Multiplier) = 2635

To make things simple let's say Dave at 155lbs takes in 1 gram of protein per pound of body weight. That's **(155 X 1 gram = 155 grams protein)** for the first macro.

Next is the fat if you take **(155lbs X .5 = 77.5 grams of fat)**, this is about mid-range and gives you healthy amount of fat for your hormone levels to be optimal.

Last, we have carbohydrates to figure out. Now to dive into the math portion of figuring out our carbohydrates. Since we know our protein is **155 grams** we take **(155 X 4 calories per gram of protein = 620 total protein calories)**. Keep this total in mind, now to figure out the fat calories, so for fat we take the grams we had figured out above **(77.5 grams X 9 calories per gram of fat = 697.5 total fat calories)**. Our total maintenance calories up above were **2635**. If we take **(2635 – 620 total protein calories – 697.5 total fat calories)** we are left with **1317.5**. Then since this number is the amount of carbohydrate calories we have left in our allowed maintenance, we divide it by **4** since there are **4** calories per gram of carbohydrate.

1317.5 / 4 = 329.37 total carbohydrates is the final macro. We can round down to 329 for simplistic sake.

The above calculation detail has also been presented in the following chart.

Macro		Grams	Calories Per Gram	Total Calories
Protein	155lbs. X 1	155 g	155 X 4 = 620	-620
Fat	155lbs. X .50%	77.5 g	77.5 X 9 = 697.5	-697.5
Maintenance				2635
Carbohydrates	1317.5 calories left over from maintenance / 4	329.37 g	329.37 X 4 = 1317.5	=1317.5

Maintenance calories were: **2635**

Final macros are: 329 grams of carbohydrates, 155 grams of protein and 77.5 grams of fat.

You may see examples online or elsewhere written in this fashion: **329C, 155P, 77.5F**

FINDING MAINTENANCE FOR ACCURACY

Lastly, this is the section about fine tuning your maintenance calories. Since we found a baseline of what maintenance calories could hypothetically be per the formula, we can go further in testing what the true maintenance intake is.

In this method, you will review an average of weigh-ins for two weeks. The weigh-ins will be at the same time and preferably in the mornings when you are depleted of food and water. Consistency for these weigh-ins will be important as your weight will fluctuate from day to day, but by taking the average of these two weeks we can eliminate the fluctuation of error.

Table example of weigh-ins.

Week 1		
Monday	150.4 lbs.	
Tuesday	150.9 lbs.	
Wednesday	150.5 lbs.	
Thursday	151.0 lbs.	
Friday	152.0 lbs.	
Saturday	150.2 lbs.	
Sunday	150.0 lbs.	
Total Average	1055/7 =	150.7 lbs.
Week 2		
Monday	151.4 lbs.	
Tuesday	150.9 lbs.	
Wednesday	151.3 lbs.	
Thursday	151.9 lbs.	
Friday	152.0 lbs.	
Saturday	152.2 lbs.	
Sunday	152.4 lbs.	
Total Average	1062.1/7 =	151.7 lbs.

Difference between the two weeks, 14 weigh-ins.

Total Average Week 1	Total Average Week 2	Difference Gain or Loss
150.7 lbs.	151.7 lbs.	+ 1 lbs.

Once we have our weigh-ins, we can gauge whether we are losing or gaining weight on the first week average versus the second week average. This will tell you if you are in a caloric deficit if you lose, or a caloric surplus if you gain, and by how much.

In this example, we can see that the individual gained 1lb, since 1lbs is equal to 3500 calories, this means that the individual was in a surplus of 500 calories per day, hence 500 X 7 days in week equals 3500. To test this, the individual will reduce their intake from carbohydrates and fats by 500 calories per day.

Let's say the person is still gaining after a couple more weeks of testing the calorie intake, although this time we didn't gain 1lbs but gained 0.4lbs. What we can take from these results, is that you are still in a caloric surplus. We will then take the same approach as we did above and calculate by how much we are still in a surplus.

$$3500 \text{ (calories per lbs.)} \times 0.4 \text{ (this week's current testing reflected gain)} = 1400$$

Now that we know that we are over 1400 calories for the week we can divide that by 7 for each day of the week and find out what we need to reduce our daily intake by.

$$1400/7 = 200$$

Hence, we will need to reduce our maintenance intake by -200 calories each day and reassess after 1-2 weeks of tracking. If we do not gain any weight after this trial, congratulations!!! **You've have now "FINE-TUNED" your maintenance calories to your own specific individuality.**

Now that we have control of our intake, we now have control to move forward to the most exciting part of our goals. Typically, most individuals want to one or both of two things, lost fat or gain muscle. In the next section, I will explain how to cut and gain properly.

CUTTING OR BULKING

In this section I will discuss how to properly cut or bulk. Cutting by definition is accomplished by being a caloric deficit. What this means is that you are eating less than you are burning in order to lose fat. Bulking by definition is being in a caloric surplus. What this means is that you are eating more than you are burning in order to gain muscle.

A common misconception is that we want to either lose weight or gain weight. In reality, we want to LOSE FAT and/or GAIN MUSCLE. That is the difference between looking lean and mean or looking small and flabby.

HOW TO LOSE BODY FAT (Cutting)?

We begin with taking 20-25% of your maintenance calories and subtract it from your current maintenance.

$$\text{Example: } 2635 \times .20 = 527 \text{ calories.}$$

$$2635 - 572 = 2108 \text{ is your current deficit calorie intake.}$$

This will be your starting point for your deficit intake. A good rule of thumb to gauge your progress throughout the week is that you are losing 1-2lbs per week. If you are losing more than 1-2lbs, then you can add more calories to ensure you are not losing at such a fast rate that can be detrimental to training. If you find that you are not losing 1-2lbs a week, then you can choose to increase the deficit and eat a bit less. It is important to not

rush this process as we want to remain in a deficit while having optimal workouts at the same time. Crash dieting is bad option to implement in effort to lose fat.

The body will adapt to this new intake over time to where it wants to reach homeostasis. This is, in simple terms, the body's new 'home' or new caloric maintenance. To make more progress for cutting, there are two options to overcome a plateau - either moving more or eating less. Additionally, I advise if you are already at a very low intake that you do not go down much further or at all, as this may be causing more harm than good. If are already at very low calories by the end of your cut, I would advise taking a diet break and go back up to maintenance for a couple weeks or more and regroup before trying to cut further.

HOW TO GAIN MUSCLE (Bulking)?

We begin bulking by taking 200-300 calories above your maintenance calories. Perhaps even starting slower by just 100's if you like to be meticulous. Bulking seems to have gained a bad reputation by individuals who are adding in calories too quickly or going overboard with a large surplus, which only adds fat (not muscle) in a hurry.

There is a rule of thumb that is also good to go by with bulking, and that is by gaining 2-4lbs per month. The slower the increase, the less likely you will have a chance of adding unwanted fat. The same precision takes place with gaining muscle as well losing fat. We are trying to *not* take drastic short cut methods in order to accomplish our goals. If you are gaining more than a couple pounds a month, then reduce the amount of calories. If you are not gaining weight, you have the green light to add in a few more calories for a week or two and then reassess if you are gaining at the desired rate.

Just like in the cutting section, the body will try to set a new maintenance and you may find that your weight is not increasing anymore at a certain caloric intake. This is where you may want to back off any existing cardio and perhaps add in a bit more calories. I advise to still be aware of measurements, visual aids (mirror), and feel before increasing further.

Now that we have our maintenance calories and macros figured out, we'll dive into other subjects of your diet such as when to eat, frequency (i.e. how many meals per day), dieting styles, tracking as well as fiber & micro nutrients,

PRE & POST WORKOUT MEALS

For the most part, I think we overcomplicate this with exactness and timing. In short, as long as you hit your macro nutrients for the day and remain consistent, that is really all that matters in the long run. Of course, if you feel better with a little food in your stomach, that is fine as well. If you've been fasting for a long period of time, then you may want that post workout meal sooner than later. But free feel to have that meal even

a few hours after your workout is completed (as discussed in the myth chapter, the anabolic window is simply that, a myth). What is recommended, is consuming some minimum amount of protein and carbohydrates pre and post workout. For example, I will have around 20-30 grams of carbohydrates with 10-15 grams of protein pre workout and have a larger post workout meal of 60-100 grams of carbohydrates with 30-40 grams of protein. Do not over complicate this though. As I stated, it's the total energy balance of calories taking throughout the day that matters most. If you are unable to get to a meal within a certain amount of time, do not stress about it. Hit your macros and move on.

FREQUENCY

How many meals to eat per day? Eat as many meals as you like, for some that is the normal 3 meals per day, some like 6 smaller meals or if you are an individual that like large meals 1-2 meals is ok as well. Again, the bottom line is that you hit the macro/micro nutrients for the day. Key tip here if you are intermittent fasting, large meals are great after you have completed your fasting window. Eating 1-2 large meals towards the end of the day can leave you satisfied and eliminate hunger cravings for the evening duration.

DIETING STYLES

All diets work. The main diet that works is the one that you can stay consistent to. Whether it is **Paleo, Caveman, South Beach, Atkins, IIFYM (If it fits your macros)**, they all have one thing in common - caloric restriction to lose weight or caloric surplus to gain weight. The same rules apply with macro, micro nutrients and fiber intake. I like the IIFYM method since it allows me to fit in some non-dieting foods into my diet plan and I'm able to stay consistent throughout this fitness lifestyle. IIFYM may get a bad rap online due to its misconception of eating junk. That is not the case, I like the **80/20 rule**. What this encompasses is that you stick to 80% "clean" foods while at the same time eating 20% "non-clean" foods. You can configure this any way you desire, maybe perhaps do an 85/15 ratio or perhaps just eat 100% clean. My approach to living a healthy lifestyle is balance, and without balance its harder to be consistent. With consistency comes results.

TRACKING

With today's technology tracking is made so easy, you can simple scan in bar code at the super market and find out in seconds what a certain food is composed of. You can still spreadsheet your own intake and macro/micro nutrients in Excel and look up the nutrient values of foods online, but this is where tracking applications such as **MyFitnessPal** come in handy. I like to use the paid version of **MyFitnessPal** as it allows you to configure your macros by percentages and plan them accordingly to specific days. Example, if you are carb cycling, you can allocate different intakes per day. **MyFitnessPal** will allow you to allocate the macros by grams or by percentages. I like to

track all my numbers on a spreadsheet from what is stored quickly on the MyFitnessPal app, therefore I have all the numbers in front of me to review and analyze the trends.

TYPE OF FOODS AND EXAMPLE MEAL BREAKDOWN

Now that we have covered how to find our maintenance calories and have the macro breakdowns figured out, we can dive into what types of foods are best for dieting. When it comes to dieting, we want to choose our foods carefully. “But you said I can fit anything into my macros with **IIFYM** dieting lifestyle?”. Yes and no. You can theoretically do so, but you will be doing a disservice to your nutrition with imbalances on the micro nutrients, fiber and so forth. Also make the effort of eating two servings of fruits and veggies to balance out your micronutrients and get those essential minerals. It’s important to live by the **80/20** or even **90/10 rule**, or just eat as healthy as possible and not do either, but I advocate a sustainable healthy style of eating to where you can have your non-dieting foods and still make progress towards your fitness goals.

Below, I have a breakdown of all each of the foods in to their respective macronutrients. You can choose to eat these types of foods or add in your own custom foods as well. These are the most common types of foods that you will find in the average diet. This is just an example and does not need to be exact.

CARBOHYDRATES	PROTEIN	FATS
Sweet Potato	Chicken Breast	Avocados
White Potato	Turkey Breast	Almonds
White Rice	Ground Beef	Walnuts
Brown Rice	Ground Turkey	Cashews
Cream of Rice	Steak	Pecans
Oatmeal	Bison	Coconut Oil
Bread	Egg Whites	Extra Virgin Olive Oil
Pasta	Cottage Cheese	Peanut Butter
Quinoa	Greek Yogurt	Almond Butter
Lentils	Fish	Cashew Butter
Parsnips	Shrimp	Butter
Green Peas	Tuna	Flax Seeds
Kidney Beans	Edamame	Pumpkin Seeds
Black Beans	Tofu	Chia Seeds
Barley	Chickpeas	Cheese
Bananas	Seitan	Salmon
Strawberries	Lentils	Sardines
Blueberries	Beans	Whole Eggs
Raspberries	Whey Protein	Dark Chocolate
Pineapple	Egg Protein	Olives
Apples	Casein	
Spinach		

Kale		
Carrots		
Broccoli		
Cauliflower		
Asparagus		
Cucumber		
Zucchini		
Brussel Sprouts		
Celery		

EXAMPLE DIET BREAKDOWN

Now that we have some of the most common foods choices, I will show you a breakdown of an example meal. This is purely just an example and is to be adjusted for your own specific goals. Since everyone is different and will have their own maintenance calories and individual macro nutrient breakdowns, you will be composing your own similar meal plan. I will continue with our example above that established what “Dave’s” maintenance and macro nutrient breakdown.

Maintenance calories were: **2635**

Macros are: 329C, 155P, 77.5F

(continued to next page)

Meals	Protein	Carbs	Fats	Calories
Meal 1				
Whole Grain Rolled Oats (1 cup)	14	64	7	380
Whey Protein	25	8	3	150
Banana (130 grams)	1	30	0	116
Total	40	102	10	646
Meal 2				
Basmati Rice (3/4 cup)	4	35	0	160
Asparagus (1 cup) + Olive Oil	3	5	14	147
Lean Ground Turkey (6 oz.)	30	0	12	240
Apple (171 grams)	0	24	0	89
Total	37	64	26	636
Meal 3				
Chicken Tenderloins (4 oz.)	29	0	1	133
Sweet Potato (133 grams)	4	54	0	228
Avocado (105 grams)	3	13	22	246
Strawberries (170 grams)	1	13	1	54
Spinach (100 grams)	3	4	0	23
Total	40	84	24	684
Meal 4				
Basmati Rice (3/4 cup)	4	35	0	160
Chicken Tenderloins (3 oz.)	22	0	0	100
Broccoli (1 cup)	3	6	0	31
Rice Cake	1	7	0	35
Peanut Butter (2 tbsp.)	7	2	16	190
Strawberries (100 gams)	1	8	0	32
Blueberries (1 cup)	1	21	1	85
Total	39	79	17	633
Total Macros	156P	329C	77F	
Total Calories				2599

FIBER AND MICRO NUTRIENTS

Just as important as your total caloric intake is for the day, so is the type of foods and fiber for the amount of foods you are consuming for the day. Micro nutrients are sometimes overlooked and can be very important when it comes down to minerals and being 'minerals deficit' in some cases. Some important minerals such as Magnesium, Potassium, Zinc and Iron play a key role in optimal health. The last thing we want is to have cramps during a workout, so we want to make sure we have a balance of foods

within our fruits and veggies in our diets as well. The previous chart in this chapter covered some basic foods that are great in balance and will also help hit your macros efficiently. Now on to fiber. For most males, 34 grams and for most females, 28 grams is required by the standard health government association. I stick to the rule of 10 grams per every thousand calories for example. If you are at 2800 calories for your maintenance, then I would consume 28 grams of fiber.

INTRODUCTION TO DIET AND NUTRITION

SUMMARY/CONCLUSION

- Calories are the main control of whether you lose or gain weight.
- Choose how to find maintenance, either by rough estimate formula or by precise calculation of trial periods for a couple weeks.
- Macros will be the determination of your food composition.
- There are three macros: protein, carbohydrates and fats.
- Calories per protein is 4, calories per carbohydrates is 4, & calories per fat is 9.
- When losing fat, aim for 1-2 lbs. per week, if you are losing too fast increase the intake, if you are losing too slow decrease the intake.
- When gaining muscle, you should aim for 2-4 lbs. per month, if you are gaining too fast reduce the intake, if you are not gaining enough increase the intake.
- Focus on your daily goals versus meal frequency/timing.
- Consistency over time each day is crucial to progress.
- Do not forget about fiber and micronutrients.
- Choose a dieting style: the best diet is the one you can adhere to and remain consistent.
- Track your intake with application such as MyFitnessPal.
- Create your own meals from good healthy whole foods (treats included is also recommended).

TRAINING PROTOCOLS AND SPLITS



INTRODUCTION TO TRAINING

Now that we've covered the diet aspect of your fitness journey, it's time to focus on what type of training split you would like to start as a beginner.

First, we should focus on a strong foundation. This is where many beginners that embark on their fitness journey start off on the wrong foot; choosing a split that incorporates too many exercises, overly complicated splits but do not have a strong foundation to hit their workouts with intensity.

In this chapter I will be covering various types of beginner splits and provides examples of what certain splits look like, rep ranges, exercises, etc.

TYPES OF SPLITS

Single Body Part

This is a type of body split to where you are hitting a single muscle group once per week. The most common example that you may come across are chest, back, legs, shoulders and arms. You may recognize this split as the so-called “Bro Split” and you will find this split common in the 5 day per week training frequency.

In my opinion, this split will work for beginners but since any new stimulus is going to work its best you should choose the most efficient one. The main drawback about this split is that you are waiting a full week until you hit the same muscle groups once again. There are more efficient types of splits that will hit the muscle groups more frequently throughout the week.

Monday (Chest)

Tuesday (Back)

Wednesday (Rest Day)

Thursday (Legs)

Friday (Shoulders)

Saturday (Arms)

Sunday (Rest Day)

Full Body Split (highly recommended for the beginner)

In this split, you are hitting all the muscle groups in each workout. Therefore, you are hitting the muscle groups multiple times per week. The full body split is great for beginners since the main focus is driven by compound movements. By focusing on practicing the compound movements such as bench press, squat, deadlift, overhead press, and bent over rows, you will greatly benefit in building both size and strength. A beginner is prime for re-composition since they have never trained before.

As a beginner you will not require as much training (i.e. overloading with accessories) to stimulate muscle growth, hence it is not required to hit one muscle for hours on end.

These types of workouts are alternated with a rest day in between so that you have sufficient rest and recovery the next time you hit the full body once again.

Monday (Full Body)

Tuesday (Rest Day)

Wednesday (Full Body)

Thursday (Rest Day)

Friday (Rest Day)

Saturday (Full Body)

Sunday (Rest Day)

Upper/Lower Split

One of my favorite, this is a split where you are hitting all the upper muscle groups (chest, back and shoulders) on one workout and then all of the lower muscle groups (quadriceps, hamstring, glutes and calves) on the next day. This split usually is a four-day split. I like to hit different compound movements on the second iteration of the week.

I recommend to incorporate this split for beginners only after you've maxed out or notice that you've stalled on Full Body splits for 6 months to a year. Also take into account that your nutrition has been consistent and in parallel with your training.

We are again, like the Full Body split, hitting the muscle groups more frequently thus training each muscle group multiple times in a week.

Monday (Upper)

Tuesday (Lower)

Wednesday (Rest Day)

Thursday (Upper)

Friday (Lower)

Saturday (Rest Day)

Sunday (Rest Day)

EXAMPLE DETAILED SPLITS

FULL BODY SPLIT (3 TIMES A WEEK)

WORKOUT A

SQUATS	4 sets of 5
BENCH PRESS	4 sets of 5
BENT OVER ROWS	4 sets of 5
OVERHEAD PRESS	4 sets of 6
PULL UPS	3 sets of 5
BARBELL CURLS	4 sets of 8
(OPTIONAL - EXAMPLE) - AB CRUNCHES	3 - 4 sets of 12-15
(OPTIONAL EXAMPLE) – TRICEP BARBELL PUSHDOWNS	3 – 4 sets of 10-12
(OPTIONAL EXAMPLE) – CHEST FLYS	3 - 4 sets of 10-12

WORKOUT B

DEADLIFT (SUMO OR CONVENTIONAL)	4 sets of 5
LAT PULL DOWN	3 sets of 8
INCLINE DUMBBELL PRESS	3 sets of 8
TRICEP OVERHEAD PRESS	3 - 4 sets of 8
LATERAL RAISES	3 sets of 10
(OPTIONAL - EXAMPLE) - AB CRUNCHES	3 - 4 sets of 12-15
(OPTIONAL EXAMPLE) – TRICEP ROPE PUSHDOWNS	3 – 4 sets of 10-12
(OPTIONAL EXAMPLE) – CHEST DUMBBELL FLYS	3 - 4 sets of 10-12

FULL BODY WOKROUT DETAILS – NOTES

Here I've made two full body workouts that you can incorporate 2-3 times a week. The purpose of this workout plan is for those that are beginners OR are tight on time to squeeze in as much bang for the buck with the best exercises. I've incorporated the basics here and put in what I've experience to be the best compound movements.

- 1) This workout will alternate throughout the week. The first week you will be training A, B, A and then following the rotation the next week will be B, A, B.

- 2) You will notice that there are a few different rep ranges in the program, the strength is set in the 5 rep ranges and accessories are more in the 10-12. The main focus of course is the compounds. If you are unable to get to the accessories on a certain day don't sweat, it and just focus at getting better on the main compound movements.
- 3) With the different rep ranges (5 rep range being the strength rep range, 10-12 rep range being the hypertrophy rep range), you will be using different rest periods as recovery will slightly differ in training for strength versus muscle building. I suggest 3-5 minutes rest of the strength movements and 1-2 minutes rest of the higher rep ranges.
- 4) The program shown here does not show warm up sets and reps, use your best judgement on increase weight until you reach your preferred "working set".
- 5) You will want to progressive overload the training as well. Progressive overloading is mainly the process of progression in load or volume. Think of it as getting in either more sets, reps or increasing the weight.

Example 1 Progressive Overloading A

Bench Press - 135lbs

Set 1). 5 reps

Set 2). 5 reps

Set 3). 5 reps

Set 4). 5 reps

Next week:

Bench Press - 140lbs

Set 1). 5 reps

Set 2). 5 reps

Set 3). 5 reps

Set 4). 5 reps

You can add an extra set to the program as needed, which is another method of progressive overloading.

Example 2 Progressive Overloading B

Bench Press - 135lbs

Set 1). 5 reps

Set 2). 5 reps

Set 3). 5 reps

Set 4). 5 reps

Next week:

Bench Press - 135lbs

Set 1). 5 reps

Set 2). 5 reps

Set 3). 5 reps

Set 4). 5 reps

Set 5). 5 reps

- 6) What if you fail on a set? It's not the end of the world and do not think you are not making progress. Your body will take time to adapt and will adapt over time. What most progression programs will have you follow is a reduction of weight by 10%. You can use your own judgment on how much you decide to decrease the weight. If you are not able to get the weight at the 10% decrease, I would decrease by another 5% and so forth until you are able to complete the weight for 5 sets of 5.
- 7) Optional accessory exercises are just that – optional. If you run out of time, do not stress it as these are extras and are not the main focus of this program. Feel free to perhaps come in on an off day and hit some light abs and cardio. Also feel free to swap any additional optional accessory movements or machines that you may favor instead of the ones I have listed. This is the part of the program where you get to be more flexible and agile in encompassing exercises that you may enjoy over the others.
- 8) You can also add in some light cardio; 20-30 minutes on a treadmill or cardio machine of your choice is fine. The frequency and duration will be adjusted by you based on your goals and diet if you are stalling on cutting or bulking. Add in more sessions to speed up cutting, reduce sessions to increase weight on bulking.

UPPER/LOWER BODY SPLIT (4 TIMES A WEEK)

UPPER DAY 1 (MONDAY)

BENCH PRESS	3 – 4 sets of 4 - 8
LAT PULLDOWN	3 – 4 sets of 8 - 12
WEIGHTED PULLUPS	2 – 3 sets of 4 - 8
INCLINE DUMBBELL OR BARBELL PRESS	3 – 4 sets of 8 - 10
HORIZONTAL CHEST SUPPORTED ROW	3 – 4 sets of 8 - 10
TRICEP BARBELL PUSHDOWN	3 – 4 sets of 8 - 12
CHEST FLYS	3 – 4 sets of 8 - 12
FACE PULLS	3 – 4 sets of 8 - 12

LOWER DAY 1 (TUESDAY)

BARBELL SQUATS	3 – 4 sets of 4 - 8
STIFF LEGGED DUMBBELL	3 – 4 sets of 8 - 10
REVERSE OR FORWARD LUNGES	2 – 3 sets 8 - 12
SEATED CALF RAISE	3 – 4 sets 12 - 15
HIP ADDUCTOR	2 – 3 sets of 15 - 20
HIP ABDUCTOR	2 – 3 sets of 15 - 20
STANDING CALF RAISE	2 – 3 sets of 12 - 15
LEG EXTENSIONS	2 – 3 sets of 12 - 15
SEATED HAMSTRING CURLS	2 – 3 sets of 12 - 15
HANGING LEG RAISES	3 – 4 sets of 6 - 8

REST (WEDNESDAY)

UPPER DAY 2 (THURSDAY)

OVERHEAD PRESS	3 – 4 sets of 4 - 8
PENDLAY ROW OR BARBELL ROW	3 – 4 sets of 4 - 8
FLAT DUMBBELL PRESS	3 – 4 sets of 8 - 10
LAT PULLDOWN	3 – 4 sets of 8 - 12
TRICEP OVERHEAD PRESS	3 – 4 sets of 8 - 10
BICEP BARBELL OR CABLE CURL	3 – 4 sets of 8 - 10
LATERAL RAISES	3 – 4 sets of 8 - 12
CHEST FLYS	3 – 4 sets of 8 - 12
FACE PULLS	3 – 4 sets of 8 - 12

LOWER DAY 2 (FRIDAY)

DEADLIFT (SUMO OR CONVENTIONAL)	3 – 4 set of 4 - 6
FRONT SQUATS OR LEG PRESS	3 – 4 sets of 4 - 8
REVERSE OR FORWARD LUNGES	2 – 3 sets 8 - 12
SEATED CALF RAISE	2 – 3 sets of 12 - 15
HIP ADDUCTORS	2 – 3 sets of 15 - 20
HIP ABDUCTORS	2 – 3 sets of 15 - 20
LEG EXTENSION	2 – 3 sets of 12 - 15
LYING HAMSTRING CURLS	2 – 3 sets of 12 - 15
STANDING CALF RAISE	2 – 3 sets of 12 - 15
HANGING LEG RAISE	3 – 4 sets of 6 - 8

REST (SATURDAY)

REST (SUNDAY)

UPPER/LOWER WOKROUT DETAILS – NOTES

Here I've made four workouts that incorporate alternating between lower and upper body workouts that you can incorporate 4 times a week. This split is geared to an intermediate lifter as it encompasses a lot more volume than the first three-day full body split prior. The main focus of this split is to have 1-2 compound movements per day with additional accessory movements to follow.

- 1) This workout will alternate between upper and lower days. There are several variations where you can put your rest days. The example here I have a rest day between two sessions in a row, you can also do a rest day after each session or even a couple rest days after two sessions.
- 2) You will notice that there are a few rep ranges in the program. The strength are sets in the 4-8 rep ranges and accessories are in the 10-12 and 15-20 rep range. The main focus should be the compounds. If you are unable to get to the accessories on a certain day, don't sweat it and just focus at getting better on the main compound movements.
- 3) With the different rep ranges (4-8 rep range being the strength rep range, 10-12 or 15-20 rep range being the hypertrophy rep range), you will use different rest periods because recovery will slightly differ in training for strength versus muscle building. I suggest 3-5 minutes rest of the strength movements and 1-2 minutes rest of the higher rep ranges.

- 4) The program shown here does not show warm up sets and reps, use your best judgement on increase weight until you reach your preferred “working set”.
- 5) You will want to progressive overload the training as well. Progressive overloading is mainly the process of progression in load or volume. Think of it as getting in either more sets, reps or increasing the weight.

Example 1 Progressive Overloading (A)

Squat - 185lbs

Set 1). 5 reps
Set 2). 5 reps
Set 3). 5 reps
Set 4). 5 reps

Next week:

Squat - 190bs

Set 1). 5 reps
Set 2). 5 reps
Set 3). 5 reps
Set 4). 5 reps

You can add an extra set to the program as needed, which is another method of progressive overloading.

Example 2 Progressive Overloading (B)

Deadlift - 225lbs

Set 1). 6 reps
Set 2). 6 reps
Set 3). 6 reps
Set 4). 6 reps

Next week:

Deadlift - 225lbs

Set 1). 6 reps
Set 2). 6 reps
Set 3). 6 reps
Set 4). 6 reps
Set 5). 6 reps

- 6) What if you fail on a set? It's not the end of the world and do not think you are not making progress. Your body will take time to adapt and will adapt over time. What most progression programs will have you follow is a reduction of weight by 10%. You can use your own judgment on how much you decide to decrease the weight. If you are not able to get the weight at the 10% decrease, I would decrease by another 5% and so forth until you are able to complete the weight for 5 sets of 5.
- 7) You will notice that there are several exercises that give you an either/or situation, on these you can pick and choose which exercise is to your liking or alternate them weekly. For example, the front squat or leg press. If you prefer to leg press over the front squat, feel free to choose that option. After a few weeks or months though, if you get tired of leg pressing then you can alternate the front squat into the program.
- 8) You can also add in some light cardio; 20-30 minutes on a treadmill or cardio machine of your choice is fine. The frequency and duration will be adjusted by you based on your goals and diet if you are stalling on cutting or bulking. Add in more sessions to speed up cutting, reduce sessions to increase weight on bulking.

HOW TO IMPLEMENT CARDIO

On to cardio. Do you need to incorporate it into your training? The short answer is, of course. Although many think that cardio is only useful for fat loss, it does provide health benefits for the heart. I recommend whether you are cutting or bulking, to incorporate cardio in your training sessions.

When is the best time to include cardio in a session? Besides warming up for 5 minutes prior to a weight training session, I strongly recommend any full cardio sessions to be either on a rest day or *after* weight training. The reason being, is that you do not hinder your weight training progress. Doing cardio *before* weight training increases the risk of injury, fatigue and non-optimal resistance training.

I recommend 200-400 calories burned per cardio session, 3 or 4 times weekly for bulking; and for cutting, you can increase the number of sessions on a per 'stall' basis. For example, if you are doing 3-4 sessions and you are continuing to drop lbs. per week, stick with this until it does not work anymore. Then begin to add in a session to break the plateau or stall. With cutting, cardio is mainly used as a tool to further fat loss and you have a few options to play around with - by either eating less to lose more weight or perhaps adding in more cardio sessions so you can eat more. By tracking the trends as discussed earlier in this chapter, you will be able to assess if many cardio sessions are still working or are not with your current energy balance, the caloric intake in which your diet is comprised of.

HOW TO TRAIN SUMMARY/CONCLUSION?

- The highly recommended body split for beginners is the Full Body split.
- Remember that there are strength and hypertrophy rep ranges, 4-8 reps for strength and 8-12 for hypertrophy. They both have carry over in aiding one in the other.
- Diet is just as important, if not more, as the training. You will not be able to out-train a bad diet. This is 100% the truth.
- Tracking of weight training is just as important as tracking your diet with calories and macros. To ensure that you are getting stronger in the gym, be sure to use the progressive overloading method.
- Training in the full body split(s) will hit the muscle groups more frequently, therefore providing greater and faster results than the common single body part per day splits.
- Once you get more advanced and have trained for 6 months to a year with proper diet, nutrition and progressive overloading, only then would I recommend intermediate programs.
- Use cardio for healthy purposes and as a tool to aid further in fat loss when stalls occur.

RECOMMENDED SUPPLEMENTATION



It seems many in the fitness world believe that supplements are absolutely needed and 'work magic' in making progress, however I'm going to bring in alternate thoughts.

As a young lifter, I spent a ton of money on supplements and had nothing to show for them. Like the fitness myths chapter earlier in this eBook, there's so much dogma about supplementation that the fitness industry leads you to believe that you must use them in order to make great progress.

I will not recommend anything that doesn't work or hasn't been proven by science in this section of the book. My experience of lifting for over two decades proved that I made the most progress when I started cutting out the unnecessary supplements.

Below is a list of supplements I have found will aid you in convenience, are health related, and perhaps even a placebo effect.

Whey Protein

Although not required, I believe this supplement to be useful for those that are having a hard time reaching their protein intakes or are on-the-go and need a quick

meal. Whey protein is the protein contained in whey which is the watery portion of milk that separates from the curds when making cheese. It is more or less just food.

Creatine

Heavily tested and proven to increase strength, Creatine is one of the only supplements that I believe is beneficial for gaining strength and size. Creatine is a natural supplement that is found in foods such as steak, chicken, and salmon. This supplement helps to regenerate ATP (Energy) in strength and power activities. Although commonly suggesting by the fitness industry that it is necessary to load, taking 20-25g (or 0.3g/kg) for 5-7 days, it is not. Many studies use either a straight dose of 5-10g daily, or even smaller amounts (2-3g). As long as you are consistent in taking 5 grams daily, you will be filling your stores appropriately.

Caffeine

This one is self-explanatory and why almost all fitness marketing pre-workouts work since they are mainly just stimulants pre-formulated in their own proprietary blends. Whether you prefer tablets/capsules or a simple cup of coffee, caffeine can provide energy for workouts and help you get through those tough days.

Vitamins & Minerals

Disclaimer with this one only because if you have a true well balanced diet of nutritious foods such as fruits and veggies, you typically would not need additional vitamin and mineral supplementation. There are a few more vitamins and minerals that you could be deficient in if you are lacking some food groups such as vitamin C, D and minerals such as magnesium, potassium, and iron.

Fish Oil

Fish Oil has many benefits such as aids with deficiency of omega 3 fatty acids, is an anti-inflammatory, and improves heart markers such a cholesterol levels, triglycerides, and blood pressure .

I do not recommend pre-workouts, BCAA's (branch chain amino acids), or mass gainers. It is my belief that these supplements will only be harmful to health and/or are not 100% necessary if you are getting adequate protein intakes and are providing for your body with a well-balanced diet. What they *do* aid is burning a hole in your pocket! Spend your money on nutritious, fulfilling whole foods! Another item of note: I support idea of being a minimalist when it comes to diet and nutrition along with the training/gym aspect. The less variables you need to keep track of, reducing items that are nonsense or simply do not work, the less you have to worry about in your efforts to sustain a healthy lifestyle.

AVOIDANCE OF DOGMA

FITNESS BRO SCIENCE MYTHS AND MISTAKES

Below, we will review some common misconceptions that are prevalent throughout the fitness industry and, for the most part, are still believed to this day by the everyday gym-goer.

Meal Frequency Not Necessary

Contrary to belief, this is one of those old myths that the “bros” like to pass around as “stoking the fire”, “keeping the metabolism up”, or “feeding the furnace!”. This is a myth. You do not need to eat every 2-3 hours divided into 6 meals per day. You can eat as many or as few meals as you like throughout the day. What IS important though, is ensuring you hit your calories and the macros that are derived from the caloric intake. Consistency is key whenever it comes to results. The more consistent you are the better and quicker your results will come.

Post Workout Meal/Shakes Immediately Not Necessary

The so called “anabolic window” believing you must consume a shake within 30 minutes after your workout. Gone are the days of bros slamming shakes down in the locker room. Or at least they should be. It’s perfectly fine to wait a couple hours after your workout to eat your post workout meal. Even though whey protein may technically absorb quicker via a shake, it’s negligible to making a difference over having food.

Using Lighter Weights for Cutting

Lighter weights do not have an effect on body fat. The caloric deficit from your maintenance calories is the key to losing weight. You want to keep the training the same as you were to train if you were bulking. The body needs a reason to hold onto the muscle while being in a caloric deficit. By lifting light, you are actually working in the opposite direction and telling the body there is no resistance, therefore there is no reason for the muscle maintain.

Dirty Bulking to Gain Muscle

Eating everything and anything in site is not the way to go, aka the “See food eat food” diet. Preferable we would like a mild surplus to mitigate putting on too much fat. While bulking there will always yield some fat, we are just trying to minimize the amount is all while adding lean muscle tissue at the same time.

Carbohydrates Make You Fat

Carbs do not make you fat. This is a myth. The *abundance* of carbohydrates that puts you in a caloric surplus and overeating carbs does that. Feel free to eat them at any time as long as they fit in your macros. I prefer in the evening as it actually helps with sleep. Additionally, in my opinion and experience, carbohydrates are necessary to fuel your workouts.

Carbohydrates at Night Get Stored as Fat

Absolutely not the truth. What matters is the daily intake and the total macronutrients that make up that caloric intake. As long as you are hitting your numbers consistently you do not have to worry about late night carbs getting stored as fat.

Supplements Are Necessary

Supplements are absolutely not necessary. They are there *only* to aid in hitting protein intakes, stimuli, focus, etc. Everything that training encompasses can be accomplished with basic food.

Body Part Splits aka “Bro Split”

As a natural lifter, we need to hit the muscle groups twice or multiple times per week to optimize muscle growth. Most magazines and pro-bodybuilding videos show the typical “Bro Splits”, but we are not genetically altering ourselves to make progress by training the muscle groups once per week. Therefore, “Full Body” splits are where we should focus our attention. When following this method, the focus is on compound movements as the foundation and staple of our training.

Health Foods Can Make You Fat

Healthy foods in terms of calories are no different from junk foods. If you are eating more than you are burning, a.k.a. caloric surplus, your weight will eventually increase.

Standard Maintenance Calculators

Along the same lines as number 9, there are numerous online maintenance calorie calculators, but they all have one thing in common. They are all estimates and not exact. To know the true values, you will have to either hire a coach to do the data analysis or track the trends of your own individual stats in order to find your true maintenance calories for your everyday lifestyle.

Standard Macro Formulas

There are lots of standard macro formulas, the most popular being the 40/40/20 allocation. What this means is that 40% of protein, 40% of carbohydrates and 20% of fat is allocated towards your total calorie intake. The issue with this is that not every individual is the same. Following this formula can be a good starting point, but to fine-tune the macros, trial and error and tracking will need to take place to find custom individual macros.

Avoiding Sodium

By changing over to a more whole foods type of style of eating, your sodium consumption will drastically drop. You may actually need some sodium added to your diet as the whole healthy foods will generally contain **less** sodium.

EXPECTED RESULTS



WHEN TO EXPECT RESULTS

Here is the question that everyone wants to know, “When can I expect results?” For most individuals that have never lifted, the results will come immediately. Perhaps within a few weeks, but for the most part three months is a good amount of time as to when you may see some dramatic changes.

You may not notice these changes immediately and that is why it’s important to document, track measurements and weigh-ins. I track all my weigh-ins in a spreadsheet to analyze and review the trends more clearly on an average weekly basis. You will notice that others will notice changes in you around the 6 months to a year period. This is called the “newbie gains” period when you are most likely to re-composition your body and the most dramatic changes occur while losing fat and gaining muscle at the same time.

It is important that you milk the results out of beginner splits as much as possible because as you continue in your lifting career the gains become less dramatic. You will still be gaining muscle mass but at a much slower rate. This is when you'll be able to incorporate more load and volume in order to progress further into splits such as the upper/lower and push/pull/legs routines. Cutting on the other hand, is a much faster rate as it takes longer to build muscle than burn fat.

Do not get discouraged if you see others progressing faster than you. Everyone is not genetically built the same and therefore you may be a "hard gainer" or have certain degrees of being "insulin sensitive". Keep in mind that a certain individual may require a much higher caloric intake before their weight starts going up, or if your lifestyle is not as active as you thought, you may need to eat a bit less than certain individuals that move more throughout the day.

Referencing the Lifestyle chapter, contrary to belief there is no magic pill or fast-track to looking like a Greek God. It will take consistency and time. Just know that you now have the tools at hand. If you **work hard** and **stay committed to your goals**, you *will* get there!

CONCLUSION

I hope that you found the detail presented in this eBook informative and enlightening. I've struggled like yourself with my fitness journey and wrote this book in hope of eliminating a lot of the fitness industry's misinformation for others seeking this knowledge. There's so much information out there, a lot of it is very valuable but at the same time it's hard to sift through what is not valuable or what does not work. It took me a long time to figure that out and I wish that I had resources for research such as Google, YouTube, or Instagram (or SkimanFactualFitness!). when I started my own fitness journey. What I've brought to you is from my personal experiences of research, trial and error.

If there is content presented in this book that you have questions on, while I'm not currently conducting specific 'one-on-one' coaching, please do not hesitate to contact me and I will do my best to provide assistance. Again, keep in mind that this eBook is a general guideline, if the question is beyond the scope of this book, this will have to be researched by the reader. I can be contacted at skimanfactfit@gmail.com or direct message on Instagram @skiman.factual.fitness.

My goal is to help others feel strong, powerful and confident in their personal and fitness lives. It is a pleasure to share the knowledge. I hope to see some great transformations as that will let me know I've made a difference in your own fitness journey!

Thank you!

Dave a.k.a Skiman