



CENTRAL COAST  
PERSONAL TRAINING



# 12 WEEK HOME WORKOUT AND NUTRITION PLAN

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Exercises include detailed directions to give you the information that you need to be able to perform the exercise with proper form. However, it is your responsibility to warm-up properly and to determine what weights you will use (if weights are needed), perform each move correctly, and ultimately to decide whether or not you are capable to do the exercises and workout without sustaining injuries.

If you experience any pain, weakness, fatigue, nausea, or dizziness, stop the program immediately and consult with your physician. This program is not a substitute for medical attention. Proceed at your own risk and responsibility.



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# Welcome

## **Welcome to the Fat Burning Home Workout and Nutrition plan.**

As you already know, trimming down, getting in shape and becoming healthier will always be better than its opposite. Perhaps you feel you need to lose a few pounds, or you have recently added on some muscle mass and now want to show it off a little.

In the modern-day era has been born a huge interest in health and fitness. More and more people are becoming healthier and fitter than ever before. Increasingly more and more people are coming forward wanting to burn fat wh

whether it's to lose weight and becoming healthier or trimming back just a small amount to reveal a more toned, leaner looking physique. This Fat Burning workout plan will show you how, all from the comfort of your own home.

*By the end of this eBook, you really will see how much value there is in the sentence "Abs are made in the kitchen".*

The aim of this eBook is much greater than to just layout some steps for you to follow in order to burn body fat. This eBook aims to

arm you with enough new knowledge, skills and experience that you are then able to share what you learn and help other people too.

You will learn and understand the core concepts of burning fat in terms of home training and more importantly, nutrition. You will see what your body is capable of becoming when your diet and home training are adjusted to place your body in an optimal state for burning fat.

You will learn about your metabolism and how much energy your body naturally burns through on a daily basis. From this, you will learn and how much of the right foods you need

need to be consuming in order to burn body fat and preserve muscle mass.

You are going to learn how the human body works, but most importantly, you are going to learn how **your** body works.

Never forget that you are making positive changes to your life by perusing a more fit and active lifestyle. Achieving victory here will not just make you look like a champion on the outside. It will make you feel like a champion on the inside. A healthier and vitalised body positively influences your emotional and mind states. You will become better in every way imaginable and it will provide you with real lasting self-confidence.



## **Sharing is caring**

Feel free to share this eBook, we really encourage it! Share it with your friends, family and work colleagues. Share it with random people who you know workout or those random people on social media who you don't know in person but have on there anyway, yeah, those people.

This eBook contains both a full 12-week home workout and nutrition plan. The Nutrition plan has been written up and designed to cater for all dietary requirements, with separate ones created for consumers of animal products, vegetarians and vegans.

In this Fat Burning Home Workout eBook, we discuss the mental and psychological aspects of Working out, including how you can overcome self-doubt and remain motivated. You will also learn useful tips on how you can monitor and track your progress throughout the duration of this plan.



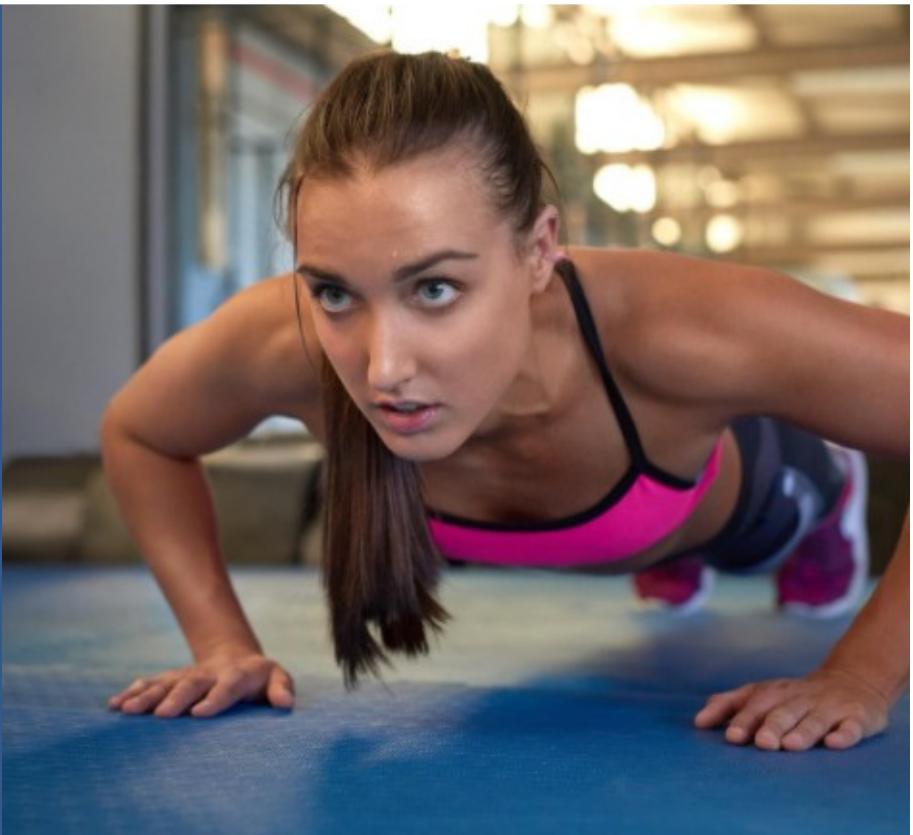
Nutrition is covered in great detail outlining what and how much you need to be consuming in order to efficiently burn fat. The final section of this eBook will cover the home training aspect of burning fat while preserving muscle mass, equipping you with tips and advice on how to get the most out of your home workouts. Finally, a full 12 weeks resistance training and cardio training protocol is also fully included.

## **Head Game**

*"Your fitness is 100% mental. Your body won't go where your mind doesn't push it."*

## **Mental preparation**

Staying Motivated  
Tracking Progress



## Mindset

*"The mind always fails first, not the body. The secret is to make your mind work for you, not against you."*

### **Forget about your insecurities and self-body image –**

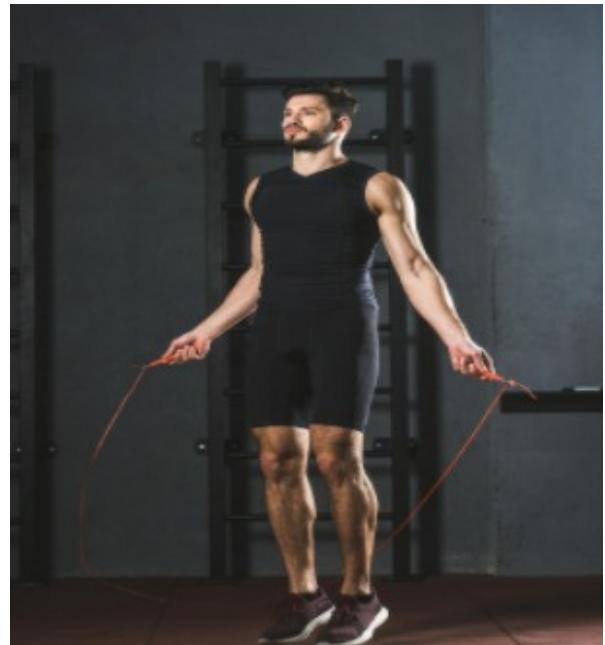
All that is about to change.

For many first timers, beginning an exercise routine when it seems like everyone around you already knows what they're doing can be feel intimidating. The only difference is that you're simply lacking experience, which is the same thing every other person lacked when they first started. Everybody was once a beggin

beginner and no matter how different you may think you may be from somebody else, everyone has at least one thing in common, the desire to change yourself for the better.

You have nothing to fear, nobody is judging you. In fact, most people are too busy focusing on themselves and what they're doing to even spare a thought for you. Being part of a group who work out regularly puts you in one of the most positive and supportive environments you will ever find yourself in. People who work out consistently feel fantastic, and when a person feels good, they want everybody else to feel good too.

**Believing you can do a something** or not is the difference between succeeding and failing. It is in your mind where you summon the strength and energy to squeeze out the remaining reps of a set that you are really struggling with. Mindset is **key** to breaking personal records and pushing yourself further and lifting heavier than you've done before.



## *Staying motivated*

Staying fully motivated for 12 weeks is not easy. You will naturally feel dips in motivation just remember that this is normal. Here are a few things you can do to rev up your motivation when you need a boost.



**Get a workout buddy!** Training with someone can be so much more fun and you'll have someone there to spot you when pushing your hardest. You have someone to share the journey with and hold you accountable for the goals you've set yourself.



**Keep a journal** of your thoughts and feelings, this can be written down or even a daily video diary of yourself that you make and upload online.



**Take pictures of yourself (Highly recommended)** Take pictures from the front, side and back before starting this plan.

Take more pictures at the end of week 4, 8 and 12 Compare these photos you take at the beginning of the plan with ones you take along the way.



**Buy new workout clothes,** accessories, supplements and equipment can make you feel excited to workout and give them all a test drive!



**Be held accountable.** Announce what you are working towards to as many people as you feel comfortable doing. Post it on social media if you have to! The right people will check in on you and ask how things are going, maybe you'll even inspire them! This will help you stay committed to the goal knowing other people are aware.

## *Tracking Progress*



**Compare recently taken progress pictures** with ones you took at the beginning. Seeing results + realising future potential = ultimate motivation

## **Measure your body Fat (Highly recommended)**

You can measure your body fat in a few different ways:



**Skin Callipers** – This is the cheapest and most convenient methods as a skin calliper can be bought for around £10. A simple skin fold measurement taken in several places on your body at th



the beginning of the workout plan, and then again at the end of weeks 4, 8 and 12 is recommended.

### **Bioelectrical Impedance Analysis**

**Scan** – Not as cost effective or convenient as a Skin Calliper but it is more accurate. If you can get access to one, then great! If not, don't worry about this one.



### **Monitor your weight (Highly recommended)**

Always weigh yourself first thing in the morning

Try not to weigh yourself too often and cert

certainly not multiple times in a day. Your weight can fluctuate a lot in a day due to having a full/empty stomach, a full/empty bladder or being over/under hydrated.

- Weigh yourself before starting the plan
- Weigh yourself again at the end of week 4, 8 and 12

You'll be amazed at how much your body changes. If you're really happy with your progress, share it with a few close friends and relatives, or even on your social media pages.



# Nutrition

*"Until you get your nutrition right, nothing is going to change."*

## The fuel required

Calorie Deficit  
Your Metabolism  
Nutrient Timing  
Macro Nutrients  
Calorie Breakdowns  
Meal Plans  
Supplements



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## *Nutrition*

### **Your physique will be influenced 30% by your workout and 70% by your nutrition.**

This is why we have included an entire nutrition guide as part of this Fat Burn Home Workout program.

You can train as hard as you want but without proper fueling, your body will not respond in the way you want it to. You will be adjusting your diet so that your body will burn off your fat reserves.

### ***Calorie Deficit***

In order to burn fat, you need to be eating fewer calories than your body is able to burn off.

off. This is called being in a Calorie Deficit.

This is absolutely critical to burning fat and cutting down your carb consumption is paramount to achieving this. This is because carbs are your body's primary source of fuel throughout the day so reducing this means your body needs to find energy from somewhere else. You want your body to be consuming energy from its body fat reserves once it has burnt through all of its daily calories.

It is also critical to increase your protein intake too, otherwise your body will turn to consuming your body tissues and muscles in order to fuel itself. Having a high protein intake



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intake means better preserving your muscle mass, which is important to maintain for a fit and healthy lifestyle. Protein also has the added effect of making us feel “fuller” and more satisfied after eating which will be vital when getting you through a sustained 12-week period where feeling hungry will be an everyday occurrence.

Increasing how much fat you eat is also important during this calorie deficit period. When in a calorie deficit, your body's hormone levels can be disrupted and become unbalanced. By consuming more fat, it promotes healthy hormone regulation and can offset any negative hormone affects caused by an overall reduction in calories.

## **Metabolism**

How much adjustment you make to your diet in order to enter a calorie deficit and burn off fat is dependent on your Metabolism. Everyone's body is different. Some people have higher metabolisms and burn off energy much faster than others, meaning they can burn off fat easily when eating the same amount of food as somebody with a slow metabolism.

Others have much slower metabolisms and do not need to consume as much food to maintain their weight or consume even less if they want to burn off fat.

For the duration of this plan, you will be aiming to keep your metabolism high in order to optimise fat burning.

Finding out the rate of your metabolism is trial and error. You need to establish your **maintenance** calorie consumption. To do this you need to set a trial amount of food that you think is about right to maintain your weight and body composition and calculate the total daily calorie and macro nutrient value of this initial trial. Consume this food over a week and monitor your weight. If it doesn't change then you know how many calories in total, you can consume to maintain your weight.

You then reduce this calorie total by around 150-200 calories of carbohydrates and fat and

then monitor your weight over the next week. If you begin to lose weight then great, you now know how many calories is enough for you to be in a Calorie Deficit. If you find yourself not losing any more weight then reduce your carbohydrates again, by around 25g per day. As you get further into the plan, you will have to further reduce your calories. This takes place in different phases in correlation to your weight loss.

Counting your calories and macros (macro nutrients) is something you will be doing a lot during this 12-week plan. It is crucial that you keep track of them and know exactly how much you are consuming. The Macros you need to be aware of are Carbohydrates, Protein and Fat.

The foods you eat to hit these macro nutrient requirements need to be clean. Clean eating means consuming foods as natural as possible. No additives, no chemicals or processed foods. Eating any old junk food is not allowed, you will have to give up pizzas, takeaways, and sweets.

## ***Nutrient Timing***

The timing of your meals during the next 12 weeks is crucial. You want to be eating the right foods when your metabolism is optimized. Around 50% of your daily calories should be consumed around the time of your training. Consume 25% of them pre-workout and other 25% post-workout. The other 50% total calories for the day should be consumed

evenly throughout the day.

Consuming a chunk of your calories in the morning is fine to do as you have a lot of time left before sleeping for your body to burn these calories off. Do not consume lots of calories before bed as these will not be burnt off properly before you sleep and so these calories will then be stored as fat in your body. This will be counter-productive to your overall progress.

Try to leave consistent time spacing in between meals so as to give signals to your body that it is receiving enough food and therefore no need to begin consuming its own body tissues.

## **Refeed days**

Every 7 days you need to do a re-feed or otherwise known as carb cycling. On these days you will double your carb intake on every meal. This will restore your body's glycogen levels, help to preserve your muscle mass and provide stimulation to your metabolism. By the end of the refeed day, you will look a lot fuller and less lean. This is just temporary due to the restoration of your body's glycogen. This will reduce again after 3 days and you will look even leaner than before you took the refeed day.

## **Protein**

### **Protein is an essential part of your diet.**

Protein in the body is used to build and repair tissues, along with aiding the development of your muscle, bones, skin and blood. Your muscles are made of protein and in order for them to grow, you must feed them. Getting sufficient levels of protein during this upcoming 12 weeks is imperative.

**No protein = no growth.**

## *Animal Proteins*

Chicken	Turkey Breast
Fish	Egg Whites
Lean Red Meat	Whole Eggs
Salmon	Whey Protein Powder



## *Vegan Friendly*

Tofu	Soybeans
Tempeh	Lentils
Seitan	Quinoa
Chickpeas	Chia Seeds



## **Carbohydrates**

Carbohydrates are the sugars and starches found in foods. They are your body's main source of energy when it comes to vigorous activities such as resistance training. Your muscles need to be fuelled with glycogen so they can function well during your workouts and recover when resting.

Vegetables should be the staple of your carbohydrate sources when eating on this meal plan due to their fibrous nature helping you to feel fuller.

Fruits can be eaten too but due to their high natural sugar content its best to consume these

these just before your workout or immediately after when your metabolism is fastest and optimized for consuming this form of carbs. (See nutrient timing on page 22).

### *Good Carbohydrates*

- Brown Rice
- White Rice
- Sweet Potato
- Whole Grain Pasta
- Oats
- Fruit
- Vegetables



## Fats

These fat sources are monounsaturated and polyunsaturated fats which are healthy for your heart. These are also good for your cholesterol levels and preventing heart disease. Fats also regulate hormone production, specifically testosterone which is key for building muscle.

### Good Fats

- Olive Oil
- Almond Butter
- Avocado
- Almonds
- Cashews
- Coconut Oil
- Fish Oil



## **Calorie Breakdown**

Here is what 1 gram of each of the key micronutrients is equivalent to in calories.

1 Gram Carbs = 4 Kcal

1 Gram Protein = 4 Kcal

1 Gram Fat = 9 Kcal

You should weigh yourself and find out your body weight in kgs. You can then use your body weight figure in the following formula as a guide to calculate your initial food intake.

Here's how you calculate macros: use the target number of calories, and plug it into these formulas. Let us say your target is 1,400 calories — this is how that number looks plugged into the equations.

$(.20) \times 1,400 = 280 \text{ kcal} / 9$  (since there are 9 calories in every gram fat) = 31 grams of fat per day

$(.35) \times 1,400 = 490 \text{ kcal} / 4$  (4 calories per gram of protein) = about 123 grams of protein per day

$(.45) \times 1,400 = 630 \text{ kcal} / 4$  (4 calories per gram of carbohydrates) = about 158 grams of carbohydrates per day

This is just an average and you may need to adjust these ratios in correlation with your body weight, metabolism and overall lifestyle.

## ***Meal Split***

This 2520 daily calorie intake should be split into 5 meals eaten every 2.5 – 3 hours.

### **An example meal may consist of:**

Carbs = 38.4 gram / 154 Kcal

Protein = 48 gram / 192 Kcal

Fat – 17.6 gram / 158 Kcal

Total 503 calories per meal

### **Equivalent to:**

100 grams cooked White Rice  
155 grams cooked Chicken Breast  
200 grams Green Beans  
120 grams Avocado



### ***Calorie Deficit explained***

Now that you have calculated how much food you need to maintain your weight; you need to decrease your intake proportionately so that you initiate a Calorie Deficit.

For the first 3 weeks of this program you should look to remove the following macros from your daily intake:

Carbs – 25 grams (100 Kcal)

Fats – 10g (90 Kcal)

Total calories – 190

This will bring your total daily calorie consumption down to 2330

Try to remove these extra calories evenly from each meal throughout the day rather than just removing them from one meal.

This is just an average and you may need to adjust these ratios in correlation with your body weight, metabolism and overall lifestyle.

As you drop body fat, your body will require a further reduced amount of food in order to continue burning fat at its new body weight and composition. You will notice this as you feel your appetite begin to settle and feel less hungry than before when eating the same amount of food.

You will see at the beginning of **weeks 5 and 9** that you are instructed to further decrease your food intake, please adhere to this.



## **Calorie Deficit explained**

At the beginning of week 5, decrease your food intake for the next 4 weeks again by the following proportions:

Carbs – 25 grams (100 Kcal)

Fats – 5g (45 Kcal)

Total calories – 145

This is just an average and you may need to adjust these ratios in correlation with your body weight, metabolism and overall lifestyle.

At the beginning of week 9, decrease your food intake again by the following proportions:

Carbs – 25 grams (100 Kcal)

Fats – 5g (45 Kcal)

Total calories – 145

This is just an average and you may need to adjust these ratios in correlation with your body weight, metabolism and overall lifestyle.

## *Nutrition Continued*

Monitoring your weight frequently is very important. You should be losing around 0.5 – 1% of your body weight each week – Just less than **1 pound per week or 1.5 pounds every two weeks.**

If you notice your weight consistently decreasing by roughly this amount, then this is fantastic. However, if you get further into the workout plan and your weight settles, then you need to further decrease your carbohydrate intake by around 25g per day. Your bodyweight and food intake need to be correlated – As one reduces, so does the other.

In the first week you will lose the most weight. This is because your body will be flushing excess water out of your body as a result of reducing your carb consumption. The progress you make for the first week should not be used as an indicator for how much more weight you can lose over the coming weeks. This first week is an exception.

Your body weight will decrease and it's exactly what you want to happen in order to burn fat. Any body weight decrease you see is from fat loss. If you have doubts, look at yourself! Take a photo of your body and compare it to one you took before you started this program, see how much leaner you look.

It's clear by now just how important nutrition is, so always make sure you are in control. Plan ahead and be prepared. Some advice here would be to prepare all of your meals in advanced in food containers. If you are going on a trip away somewhere always pack with you the foods that you need, along with a few snacks and your supplements so you can still be consuming what you need to when out of your usual living environment.



# Meal Plan Suggestion - Regular

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Mea l 1</b>	200g fried Tempeh 2 slice whole grain Toast 150g avocado	60g Plant protein 2 slice whole grain toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado	60g Plant protein 2 slice whole grain toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado
<b>Mea l 2</b>	Protein Smoothie 65g plant protein 60g banana $\frac{1}{2}$ cup strawberries 70g blueberries 2 cup almond milk	1/3 block tofu 85g tempeh 185g broccoli 30g spinach 180g cauliflower	200g Tofu $\frac{1}{4}$ cup brown rice 200g broccoli	Protein Smoothie 65g plant protein 60g banana $\frac{1}{2}$ cup strawberries 70g blueberries 2 cup almond milk	200g Tofu $\frac{1}{4}$ cup brown rice 200g broccoli	Smoothie 65g plant protein 60g banana $\frac{1}{2}$ cup strawberries 70g blueberries 2 cup almond milk	200g Tofu $\frac{1}{4}$ cup brown rice 200g broccoli
<b>Mea l 3</b>	1 block tofu (fried) Bell pepper Onion 2 tomatoes Any other veg	200g Tofu $\frac{1}{4}$ cup brown rice 200g broccoli	1/3 block tofu 85g tempeh 185g broccoli 30g spinach 180g cauliflower	1 block tofu (fried) Bell pepper Onion 2 tomatoes Any other veg	Protein Smoothie 65g plant protein 60g banana $\frac{1}{2}$ cup strawberries 70g blueberries 2 cup almond milk	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	1/3 block tofu 85g tempeh 185g broccoli 30g spinach 180g cauliflower
<b>Mea l 4</b>	60g Plant protein 75g sweet potato 200g asparagus 50g broccoli 100g green beans 1 tbsp olive oil	100g seitan 50g red lentils 100g avocado 1 tbsp olive oil	200g Tofu $\frac{1}{4}$ cup brown rice 200g broccoli	60g Plant protein 75g sweet potato 200g asparagus 50g broccoli 100g green beans 1 tbsp olive oil	200g Tempeh $\frac{1}{4}$ cup white rice 150g broccoli	100g seitan 50g red lentils 100g avocado 1 tbsp olive oil	1 block tofu (fried) Bell pepper Onion 2 tomatoes Any other veg
<b>Mea l 5</b>	200g Tempeh $\frac{1}{4}$ cup white rice 150g broccoli	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	200g Tempeh $\frac{1}{4}$ cup white rice 150g broccoli	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	60g Plant protein 75g sweet potato 200g asparagus 50g broccoli	160g Seitan 250g broccoli 200g green beans



# Meal Plan Suggestion - Vegan

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Mea 11</b>	200g fried Tempeh 2 slice whole grain Toast 150g avocado	60g Plant protein 2 slice whole grain toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado	60g Plant protein 2 slice whole grain toast 150g avocado	200g fried Tempeh 2 slice whole grain Toast 150g avocado
<b>Mea 12</b>	Protein Smoothie 65g plant protein 60g banana ½ cup strawberries 70g blueberries 2 cup almond milk	1/3 block tofu 85g tempeh 185g broccoli 30g spinach 180g cauliflower	200g Tofu ¼ cup brown rice 200g broccoli	Protein Smoothie 65g plant protein 60g banana ½ cup strawberries 70g blueberries 2 cup almond milk	200g Tofu ¼ cup brown rice 200g broccoli	Smoothie 65g plant protein 60g banana ½ cup strawberries 70g blueberries 2 cup almond milk	200g Tofu ¼ cup brown rice 200g broccoli
<b>Mea 13</b>	1 block tofu (fried) Bell pepper Onion 2 tomatoes Any other veg	200g Tofu ¼ cup brown rice 200g broccoli	1/3 block tofu 85g tempeh 185g broccoli 30g spinach 180g cauliflower	1 block tofu (fried) Bell pepper Onion 2 tomatoes Any other veg	Protein Smoothie 65g plant protein 60g banana ½ cup strawberries 70g blueberries 2 cup almond milk	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	1/3 block tofu 85g tempeh 185g broccoli 30g spinach 180g cauliflower
<b>Mea 14</b>	60g Plant protein 75g sweet potato 200g asparagus 50g broccoli 100g green beans 1 tbsp olive oil	100g seitan 50g red lentils 100g avocado 1 tbsp olive oil	200g Tofu ¼ cup brown rice 200g broccoli	60g Plant protein 75g sweet potato 200g asparagus 50g broccoli 100g green beans 1 tbsp olive oil	200g Tempeh 1/4 cup white rice 150g broccoli	100g seitan 50g red lentils 100g avocado 1 tbsp olive oil	1 block tofu (fried) Bell pepper Onion 2 tomatoes Any other veg
<b>Mea 15</b>	200g Tempeh 1/4 cup white rice 150g broccoli	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	200g Tempeh 1/4 cup white rice 150g broccoli	160g Seitan 250g broccoli 200g green beans 1 tbsp olive oil	60g Plant protein 75g sweet potato 200g asparagus 50g broccoli	160g Seitan 250g broccoli 200g green beans



					<i>100g green beans</i>	<i>1 tbsp olive oil</i>
					<i>1 tbsp olive oil</i>	

## Food Nutritional Information - Regular

Below is a chart detailing all the nutritional information of common eaten foods that you can use as a reference point if you want to include foods that are not listed in the suggested meals.

Food	Calories	Carbs (g)	Protein (g)	Fat (g)
Chicken breast (no skin)	124	0.0	31.0	3.0
Turkey breast (no skin)	153	0.0	34.0	1.0
Sardines in (water)	217	0.0	24.9	12.4
Salmon (cooked)	146	0	21.3	5.9
Tuna (in spring water)	105	1.0	24.0	1.0
Lentils	100	60.0	25.8	1.0
Beef Steak (cooked)	187	0	29.8	6.6
Ground Beef (per 100g)	276	0.0	25.4	18.6
<b>Dairy</b>				
Eggs (1 Large)	74	0.4	7.0	5.0
Cottage Cheese	103	2.7	12.5	4.5
Almond Milk (100ml)	17	0.6	0.6	1.5
Soymilk (100ml)	54	5.1	4.6	2.0
<b>Grains</b>				
Whole Grain Bread (per slice)	100	19.0	5.0	2.0
Whole Meal Pasta 1 cup	200	40.0	6.0	1.5
Brown Rice 1 cup	215	44.4	5.0	2.0
White Rice 1 cup	205	44.5	4.3	0.4

All foods are per 100g measurement unless otherwise stated.

Food	Calories	Carbs (g)	Protein (g)	Fat (g)
<b>Fats</b>				
Avocado	160	8.5	2.0	14.7
Olive Oil 1 tbsp	119	0.0	0.0	13.0
Almonds	578	19.7	21.3	50.0
Cashews	553	30.2	18.2	44.0
Coconut Oil 1 tbsp	120	0.0	0.0	14.0
<b>Fruit and Vegetables</b>				
Apple (medium size)	72	19.0	0.3	0.2
Banana (medium)	105	27.0	1.3	0.4
Orange (medium)	62	15.4	1.2	0.7
Peach (medium)	38	9.4	0.9	0.3
Pear (medium)	96	26.0	0.7	0.2
Pineapple	48	12.6	0.5	0.1
Melon	36	9.0	1.0	0.0
Watermelon	30	7.5	0.6	0.2
Broccoli	34	6.6	2.8	0.4
Asparagus	20	3.9	2.2	0.1
Green Beans	31	7.1	1.8	0.1
Spinach	7	1.1	0.9	0.1



Sweet Potato	86	20.0	2.0	0.0
Red Potato	72	16.0	2.0	0.0

Carrots	41	9.6	0.9	0.2
Rocket	100	1.7	0.8	0.5

## Food Nutritional Information – Vegan

Here is a macro nutrient break down for commonly consumed vegan foods:

Food	Calories	Carbs (g)	Protein (g)	Fat (g)
Tofu (fried).	271	10.5	17.2	20.2
Tempeh	196	9.4	18.2	11.4
Selitan (112g)	150	7.0	29.0	2.0
Chickpeas (130g)	110	18.0	6.0	2.0
Chia Seeds (1 tbsp - 12g)	60	4.0	4.0	2.0
Soybeans	160	10.8	13.3	7.0
Sunflower seeds (1 tbsp)	55	1.5	2.0	5.0
Lentils	100	60.0	25.8	1.0
<b>Dairy</b>				
Almond Milk (100ml)	17	0.6	0.6	1.5
Soymilk (100ml)	54	5.1	4.6	2.0
<b>Grains</b>				
Whole Grain Bread (per slice)	100	19.0	5.0	2.0
Whole Meal Pasta 1 cup	200	40.0	6.0	1.5
Brown Rice 1 cup	215	44.4	5.0	2.0 stated.
White Rice 1 cup	205	44.5	4.3	0.4
Sweet Potato	86	20.0	2.0	0.0
Quinoa (cooked)	143	26.4	5.0	2.2

Food	Calories	Carbs (g)	Protein (g)	Fat (g)
Avocado	160	8.5	2.0	14.7
Olive Oil 1 tbsp	119	0.0	0.0	13.0
Almonds	578	19.7	21.3	50.0
Cashews	553	30.2	18.2	44.0
Coconut Oil 1 tbsp	120	0.0	0.0	14.0
<b>Fruit and Vegetables</b>				
Apple (medium size)	72	19.0	0.3	0.2
Banana (medium)	105	27.0	1.3	0.4
Orange (medium)	62	15.4	1.2	0.7
Peach (medium)	38	9.4	0.9	0.3
Pear (medium)	96	26.0	0.7	0.2
Pineapple per	48	12.6	0.5	0.1
Melon per	36	9.0	1.0	0.0
Watermelon	30	7.5	0.6	0.2
Broccoli	34	6.6	2.8	0.4
Asparagus	20	3.9	2.2	0.1
Green Beans	31	7.1	1.8	0.1
Spinach	7	1.1	0.9	0.1
Carrots	41	9.6	0.9	0.2

All foods are per 100g serving measurement unless otherwise stated.

<i>Red Potato</i>	72	16.0	2.0	0.0
<i>Oats</i>	327	66.3	16.9	7.0

## *Supplements*

They are called supplements for a reason, as they are supposed to supplement your diet. They should be taken alongside your meals, not as a replacement. You should be getting all your essential macros from your food each day. This way, supplements will act as a bonus to your training and nutrition.

### *Creatine*

Creatine is a compound found in many of your living tissues and it produced by your body naturally. It is responsible for supplying energy

<i>Carrots</i>	41	9.6	0.9	0.2
<i>Rocket</i>	100	1.7	0.8	0.5

to your muscles during heavy lifting and intense exercise. Taking Creatine helps to deliver more ATP (Adenosine Triphosphate) energy to your muscles giving you more strength and the ability to recover quicker in between sets. This is highly recommended for taking while completing this plan as you want to be lifting as heavy as you can but also keeping rest times short.

### *Whey protein powder\**

Whey protein is simply an additional boost of protein into your diet. Its advantages in a powder form are that it is very easily digested



and absorbed by the body. It can take less than a minute to make a protein shake making it very convenient supplements to take.

\*It is important to consider that Whey protein comes from cow's milk and you should consider the impact that this will have on your body. It is fairly common for cow's milk-based whey protein to cause acne break outs due to the oestrogen content of the milk. If this is the case for you, consider switching to a plant-based protein.

### *Pea/Soy/Plant protein (vegan)*

Similar to whey protein, just from a different source. It too is easily digested and synthesised and very convenient to make.

### *Multivitamins*

An all-purpose multi vitamin is a great addition to your diet. Your body needs an ample amount of nutrients and minerals in order to carry out its many functions. You will notice yourself going much longer periods of time without getting ill.

### *Cheat meals*

Cheat meals are allowed, it will give your body something different to digest which can give your metabolism extra stimulation through increased calories in this meal. Due to the increased macro content of a cheat meal, it is recommended that you only have these once per week maximum on re-feed days.

Eating any old junk foods is not what is meant by a cheat meal. A cheat meal should still comprise of all the fundamentals of your healthy meals i.e. carbs, protein and fat. Try to avoid really greasy oily foods, processed foods and fast food takeaways. Avoid at all costs cheat meals with very high sugar content and any foods with low protein such as desserts.

When on a calorie deficit, you will feel intense food cravings for cheat meals and unhealthy snacks. This is normal as you have decreased your carbohydrates, so it is common to crave sugar. It is a test of your will power and dedication for you to resist. It is this discipline that will make the difference between good results and great results.

As you have a life outside of working out, you will often be presented with opportunities to eat food outside of your dietary limits such as at family gatherings etc. The more planning ahead you can do with opportunities like this, the better. If you have an event coming up soon, try to arrange your diet so that this event will fall on a re-feed day.

### *Alcohol*

Just remember with alcohol, it is not necessarily the calorie content of the drink that puts people out of shape, it's the impact it has on your metabolism. Alcohol slows down your metabolism and a heavy night out drinking can leave it up to 70% slower than

usual! Remember you need to be keeping yours high, so definitely no alcohol to be consumed while on this program. Also consider the sugar content of your drinks – If you drink spirits with a soft drink mixer, you can unknowingly be consuming a lot of sugar.



# Training

*"It's just you and the iron. Nothing else."*

## The sweaty part

Training Philosophy

Home Equipment

Household Items

Warming Up

Compound Movements

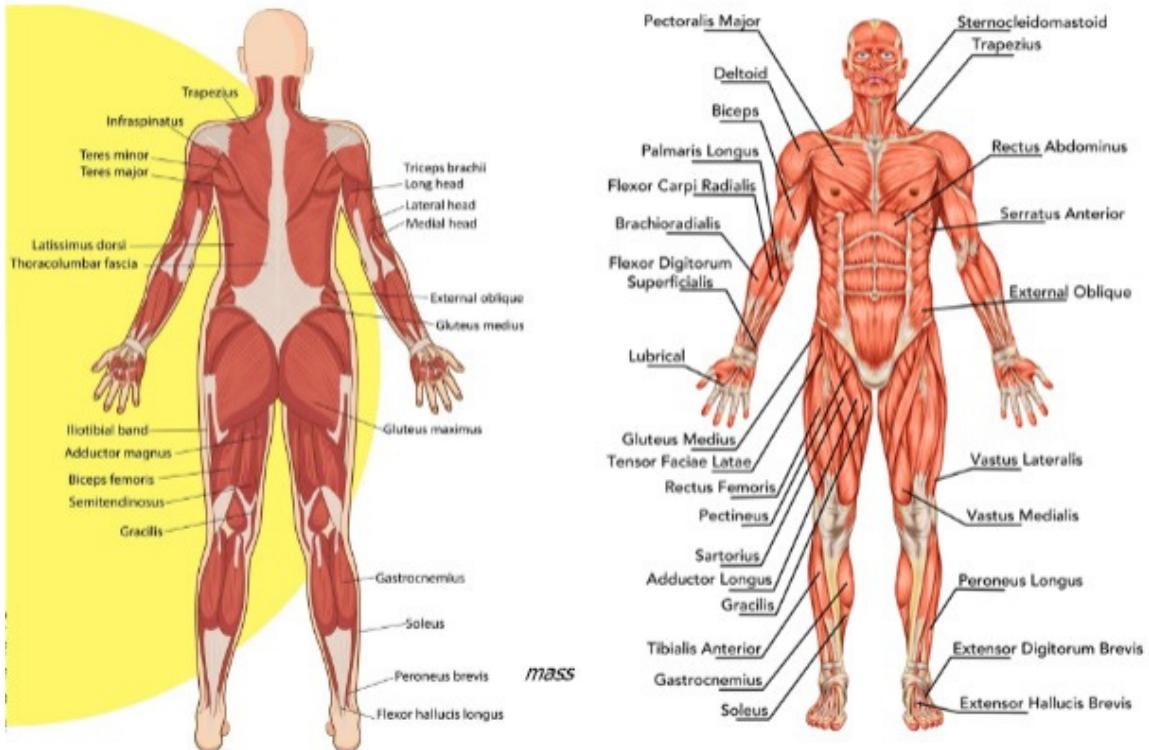
Training Tips

Phase 1, 2 & 3



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# Human Anatomy



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# **Training**

## **Resistance Training**

To burn fat most effectively while preserving your muscle mass underneath is to combine resistance training and cardio training. The resistance training will mostly comprise of high volume, requiring you to complete workout in the higher reps' regions. For a few exercises, mainly the compound exercises, the rep range will be in the format of Pyramid training where you are required to increase the resistance you are using after every set while reducing the number of reps that you do.

The rest times in between sets are going to be short. For compound lifts this will be 60 seconds and for everything else it will be a 45 second rest. You are going to be sweating, out of breath and maintaining a high heart rate.

You are aiming to have your muscles feeling like they are on fire and very sore for the few days after the workout.



## **Cardio and HIIT**

The cardio element of the training regime will consist of HIIT (High Intensity Interval Training) and steady state cardio.

HIIT focuses on short intense bursts of cardiovascular exercises requiring maximum exertion. In between these bursts you have a short rest period before repeating. The goal during HIIT workouts is to reach your Vmax, which means simply being reaching a level of physical exertion that you feel as if you can't bring in enough breath to the body. You want to be very much out of breath which makes having a conversation difficult and whether you achieve this or not, is a reflection of your effort.

Due to the intensity of the HIIT sessions, it keeps your workout times shorter and your heart rate very high in the optimum zone for burning fat. This will leave you with much better cardiovascular health and overall fitness.

HIIT has also been proven to trigger favorable hormone releases such as Human Growth Hormone (HGH) and also found to boost Testosterone levels when enough resistance is applied to the workout. Both of which are needed for increasing and preserving muscle mass.

## **EPOC**

Most importantly, both high intensity weight training and HIIT cardio triggers a body state known as EPOC (Excessive Post Oxygen Consumption). This is where your resting metabolic rate is hugely increased for a prolonged period of 24 hours after the exercise has finished. In this state your body continues to burn calories at a much greater rate even when resting.

Sometimes you are instructed to do cardio in the morning of your workout. In order to get the best out of your weight training, leave at least 4 hours in between finishing the cardio and starting the resistance training. This is because the ATP energy used to fuel your muscle function will be drained by the cardio leaving you with little gas in the tank for later.

As this is a home workout plan, a lot of these exercises will involve using your bodyweight. Some equipment and items of resistance can also be used in place of a bodyweight exercise if you have them handy and feel it would be more beneficial. On the next few pages is a guide on commonly owned home gym equipment which you may have, and a list of different exercises you can do with these while also showing which parts of your body these exercises will be working.



## *Home Gym Equipment*

You may already have some gym style equipment at home which you could use in the exercises suggested in the 12-week workout plan. Some common home gym equipment includes:

Dumbbells - Kettlebells - Plates - Resistance Tubes

Resistance Bands - Pullup bar - Skipping rope - Ab rollers

A Mat - Medicine Balls - Yoga Ball

*Below is a chart detailing all the different exercises that can be done with the equipment listed above, and also shows the part of the body in which that exercise would work. This is explained so that if you do have access to any of the equipment above, you could use it as part of your workouts if you feel it would be more beneficial than one of the exercises we have suggested. This list is not exhaustive, you may think of a better exercise for you that has not been mentioned here.*

<b>Dumbbells</b>	
<b>Exercise</b>	<b>Body Part</b>
Chest Flys	Chest
Bicep Curls Hammer Curls Seated Curls	Biceps
1-Arm Rows Rear Delt Flys	Back
Shoulder Press Overhead Press Lat Raises Front Raises	Shoulders

Overhead-extensio ns Skull crushers Kickbacks	Triceps
Lunges Squats Leg Curls	Quads / Hamstrings / Glutes / Calves

<b>Kettlebell</b>	
<b>Exercise</b>	<b>Body Part</b>
Lying Down 1-arm Chest Press	Chest
Bicep curls	Biceps
Kettlebell rows 1-Arm rows Rear Delt Flys	Back
Shoulder Press Lat Raises Two hand front raises	Shoulders

Upright rows	
Overhead extension	Triceps
Goblin Squats Squats Kettlebell swings	Quads / Hamstrings / Glutes /

<b>Plates</b>	
<b>Exercise</b>	<b>Body Part</b>
Chest Flys (1 small plate each hand)	Chest
Plate Curls	Biceps
Plate Rows 1-Arm rows	Back
Shoulder Press Plate raises	Shoulders

Overhead triceps extensions	Triceps
Plate Squats Plate Lunges Glute Bridges	Quads / Hamstrings / Glutes /



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## ***Home Gym Equipment Continued***

<b>Resistance Tubes</b>	
<b>Exercise</b>	<b>Body Part</b>
Chest Flys Chest Press	Chest
Bicep Curls Hammer Curls	Biceps
1-Arm Rows Rear Delt Flys Rows Lat Pull downs Face pulls	Back
Shoulder Press Lat Raises Front Raises Upright Rows	Shoulders
Overhead-extensio ns Tricep Pushdowns Kickbacks	Triceps
Squats Leg Curls Leg Extensions	Quads / Hamstrings / Glutes / Calves

<b>Resistance Bands</b>	
<b>Exercise</b>	<b>Body Part</b>
Chest Flys Chest Press	Chest
Band curls	Biceps
1-Arm rows	Back
Shoulder Press Lat Raises Front Raises	Shoulders
Tricep Pushdowns Overhead extensions	Triceps
Band Squats Donkey Kicks	Quads / Hamstrings / Glutes / Calves

<b>Pull up Bar</b>	
<b>Exercise</b>	<b>Body Part</b>
Pull ups Close grip pull ups Wide grip pull ups Bodyweight Rows	Back
Chin ups 1-arm chin ups	Biceps
Hanging leg raises	Abs



## **Home Gym Equipment Continued**

<b>Skipping Rope</b>	<b>Ab Roller</b>	<b>Mat</b>	<b>Medicine Balls</b>	<b>Yoga Ball</b>
<i>Fairly self-explanatory. Can be a great way to do some indoor Cardio and works out calves effectively.</i>	<i>A great tool for targeting your entire abdomen.</i>	<i>Comes in very hand for doing any exercises that requires you to lie down, lean or kneel on a hard floor.</i>	<i>One of the best and most versatile pieces of equipment. Great for doing Core work or some Cardio too.</i>	<i>Very good for advanced level core work such as yoga ball planks. Great tool for legs too with exercises such as yoga ball glute bridges and yoga ball leg curls.</i>

Now if you don't own a single piece of equipment, don't worry! One of the biggest advantages of working out at home is that there are already a huge number of everyday items hiding in plain sight all around you that can double as exercise equipment and can be used just as effectively. There is no limit on what you can use, it's just a matter of being creative and thinking outside the box to get your workouts done.

On the next few pages are some suggestions on some common household items that make great substitutes for weights and other gym equipment to help you out.

## *Household Items (HHI)*

You will notice throughout the plan the abbreviation HHI which stands for Household Item. This means using any common items within your house as some kind of weight, resistance or other tool which you can use during your workouts. Some common everyday items can make unexpectedly good replacements for traditional weights and gym equipment such as dumbbells, plates, bars and kettle bells.

Below is a list of household items we suggest based on how common they are in most people's homes, there's a very high chance you will have most, if not all of these

suggested. And don't stop there, use your imagination and get creative! If you can think of something that is not listed here that you think will be great to use, then use it!

### **Water bottles**

500ml, 1 litre, 2 litre, Gallon water bottles. Enough water in a bottle can make some good weight. 1ml of water is equal to 1 gram of weight, Therefore:

$$1 \text{ litre} = 1 \text{ Kilo}$$

If you have lots of bottles lying around you could fill up a few with water and then place them inside a rucksack so the combined weight is greater.

You can also get 18L bottles which are mostly used on water dispensers, these also have a handle built on to them to make for easier lifting. Remember to fill the bottles right up to eliminate the water slosh factor.

### **Tins of food**

The average tin of food weighs between 400-500 grams. Similar to the water bottles, if you were to pack enough of these into a rucksack or something similar, you could make something pretty heavy to train with. Or you could just use a few for lighter training or use them individually.

### **Bags of rice**

Bags of rice are also good too, usually coming in packets weighing 500g – 1 Kilo. Similar to the above, pack a few together for heavier training, or use just a few or individually for light training.

### **Broom Handle**

If you have a broom handle that is strong enough, you can latch this over things to create something you can pull on. You could take two chairs, place them back to back and leave a space in between them big enough for you to fit in. Then place the broom handle across the top of the two chairs, get underneath it and then perform some body weight rows or body weight curls.

## ***Making the most of other areas of your house.***

### ***The staircase***

If you have a staircase in your home, or there is one you know of nearby if you live in a block of flats for example you can use this to your advantage. These provide elevation and you can use the stairs to do step ups, box jumps or even position your feet up a few steps in a press up position with your hands at the bottom and perform Decline Pushups.

### ***The kitchen counters***

You can use these to lean on and do push-ups or if you have a corner shape to your counters you can position yourself in the corner and

hold on to the edge of each side and raise yourself off the ground. From here you can do exercises such as dips and leg raises.

### ***The walls***

Use the walls in your home to hold your balance while doing some exercises or even do wall sits. The wall can also be used to lean on when doing advanced level exercises such as handstand push-ups.

### ***Chairs***

Chairs can be used almost like a bench would at the gym, you can sit on it for support while pressing weights up over head such as a shoulder press, triceps extension, overhead extensions etc. You can also use a chair to do dips or even just use as elevation for your feet



when doing decline press ups. Chairs really are quite versatile and there is so much they can be used for.

## *Warming up*

Warming up is crucial and literally means getting your muscles to move so they rise in temperature. This hugely reduces your risk of injury as it is much easier for a muscle to snap or tear when it is cold. Think of your muscles like toffee. When toffee is warm it becomes softer, more stretchable and malleable but when it is cold it becomes stiff and hard. Then, when stress is applied, it snaps. This is exactly what can happen with your muscles. Always warm up the muscles you will be working out

that session before you begin. When working out the below muscles, always make sure to warm up these other muscles with them:

Chest = Warm up Chest + Shoulders

Back = Warm up Back + Shoulders

Arms = Warm up Arms + Shoulders

Shoulders = Shoulders

Legs = Legs

## ***Shoulder Warm-ups***

Use resistance bands or very light dumbbells to warm-up your shoulder joints and rotator cuff muscles. Do internal and external rotation with band/dumbbell and windmill forwards and backwards with your arms to relax shoulder joints. Perform some very light Lateral and Front Raises, along with Rear Deltoid Flys.



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## **Back warm up**

Perform stretches to relax hip flexor such the Cat/Cow stretch, bending down to touch your toes and the cobra stretch. Contracting the shoulder blades and standing upright while twisting your upper body from side to side are also very good movements to warming up your back.

## **Lower body stretches**

Some stretches and exercises you can do for lower body are standing toe touches, pigeon stretch, slow body weight squats (hold at the bottom for 5 seconds), heel to glute stretch and Leg swings (forward and backwards).

## *Top Training Tips*

### **Squeeze**

When performing an exercise, squeeze and tense the muscle at the end of the contraction (concentric) part of a movement.

#### **Example:**

If you are performing a squat, when you've pushed yourself back up and are standing up straight, squeeze and tense your quads and glutes together for a second or so before releasing and lowering yourself down for the next rep.

## Breathing

Breathing is vital during your sets so as to get oxygen into your blood and into your muscles. Not breathing correctly will impede your set and you won't be able to get as many reps out.

### How to breathe correctly:

You inhale during the negative (eccentric), down part of the movement and exhale during the positive (concentric) push/pull of the exercise.

### Example:

When you are performing a press up for your chest, you inhale as you lower yourself down closer to the floor and exhale as you explode and push out the rep. You do this on every rep throughout the entire set.

## Effort

What you are aiming for is to be sweating and really out of breath in between sets. Whether you are or not is a reflection of your effort that only you can control. You want to be exhausted and feeling like you truly gave it your all.

## Rest

It's crucial to rest in between sets, but don't just hang out. Training is about getting it done and pushing yourself, not for playing on your phone. Rest is needed to catch your breath back and restore your ATP (Adenosine Triphosphate) energy. Too little rest time and your muscles won't recover the ATP be able to go again, while resting too long means you'll

lose blood out of the muscle and your heart rate will drop. In this training program your objective is to gain lean muscle and so rest times will be between 45-60 seconds.

### ***Sore Muscles – No Pain, No Gain***

After muscles have been worked, over the next 72 hours they feel sore. This is called Delayed Onset of Muscle Soreness (DOMS). This is the golden ticket!

Sore muscles indicate that you have worked the muscle more than they could cope. This is what is needed for growth. Remember, the human body adapts very quickly to the stress you put it under. Therefore, overloading the muscles means the muscles will grow in

response so they can cope with that stress in future. This is why you must always look to beat what you did in previous sessions, even if it is just one extra rep, so that your body is always shocked by the workout and continually grows.

### ***Recovery***

Once muscles are sore, they must be rested so they can recover. During recovery is where the growth phase takes place. The recovery process is more important than the actual working out. Resistance training also puts strain on your joints and bones and so allowing adequate rest days ensures that these also remain strong and healthy.

## ***Change***

Changing the workout routines, doing different exercises, adding in supersets, drop sets, lift, changing the rep range, increasing your food intake and changing up the meals you eat can all be ways to keep your body guessing. This is why every 4 weeks the workouts will change, and you increase your food intake, so your body always has to deal with more than it has worked with before.

## ***Don't skip any sessions***

If you are not able to complete a workout on one of the days you are scheduled to train, don't just simply skip this session all together and continue with tomorrow's session. Just use that day as a rest day and remove a rest day later on in the week.



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## **Phase 1**

The first week in phase 1 is very important as this sets the foundation for the rest of the plan.

Phase 1 will focus on building some early motivation and momentum which you can carry with you. The goal is to target the bigger muscles doing compound exercises pairing primary and secondary muscle groups together. If you do well here, it sets you up perfectly for the remaining 11 weeks where you hit smaller muscle groups through isolation exercises. Pre and Post workout cardio will also begin here throughout your journey.

If you are new to working out or have not worked out for 4 weeks or more, please follow these guidelines:

### *Week 1*

For week 1 only complete the warmup set plus SET 1.

### *Week 2*

Only complete SETS 1 & 2 of the required sets in week 2.

### *Week 3*

Only complete SETS 1, 2 & 3 of the required sets after the warmups.

### *Week 4*

In the fourth week of the plan, complete all sets. From this point on, all required sets must be complete.

This may seem a small amount of work in the first few weeks, but your body will not be used to this workload. Doing too much too soon will cause injury or leave you with extremely sore muscles that will make everyday tasks such as going to work, walking up and down stairs, showering and sleeping very painful. It will not be nice, and you will not be able to do the rest of the workouts for this week.

As you go along, your body will begin to adapt and get used to working out. This is why we gradually increase the sets week by week, easing into it until you are ready to go 100%.

If you have been doing resistance training frequently before opting for this workout plan,

then go ahead and jump right in completing the warmup sets and all 4 working sets.

## **Workout Split for Phase 1**

- Day 1: Back & Rear Deltoids**
- Day 2: Chest & Shoulders**
- Day 3: Legs & Glutes**
- Day 4: Arms**
- Day 5: Cardio Rest Day**
- Day 6: Abs**
- Day 7: Cardio Rest Day**



## *Focus*

### *Week 1*

The focus for week 1 should be getting used to the feel of these exercises.

### *Week 2*

The focus for week 2 should be using more resistance than you did on week 1 on the same exercises.

### *Week 3*

The focus for week 3 should be using more resistance than you did on week 2.

### *Week 4*

The focus for week 4 should be on FORM. Do not try to beat the resistance you used last week. Stick to the same with perfect form.

**On the next pages are the exercises you are going to be completing for the next 4 weeks.**

## Day 1 - Back & Rear Deltoids

Fasted Cardio: **15 Mins**

Post-workout Cardio: **15 Mins**

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b>Exercise</b>	<b>Reps</b>	<b>Warm up set</b>	<b>Working Sets</b>	<b>Rest Time</b>	<b>Warm Up</b>
Pull Ups	Until Failure	N/A	4	60 sec	<i>Rotator cuff internal and external rotations (with very light dumbbell) x20 Each arm.</i>
1-Arm row with HHI	X8-10	N/A	4	45 sec	<i>Shoulder windmills x20 forward and x20 backwards</i> <i>You can also do a Cat/Cow Stretch and stand.</i>
Rear Delt Flys with HHI	X8-10	N/A	4	45 sec	<b>Post Workout Stretches</b>
Bodyweight Rows	X8-10	N/A	4	45 sec	<i>Stand upright with one arm brought straight across the body and then lock this arm in place using the elbow bend of the other arm. Now</i>

<i>Supermans</i>	X8-10	N/A	6	45 sec	<i>twist your hips the way the across arm is pointing until you feel a back stretch. You can also perform a Cat/Cow stretch, Cobra stretch and a knee to chest stretch,</i>
<i>Door Frame Rows</i>	X8-10	N/A	4	45 sec	
<i>Rear Delt Flys with HHI</i>	X8-10	N/A	4	45 sec	

HHI = Household Item. Please see list of common household items on page 51-52.

## Day 2 - Chest & Shoulders

Fasted Cardio: 15 Mins

Post-workout Cardio: 15 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

Exercise	Reps	Warm up set	Working Sets	Rest Time	Warm Up
Press Ups	X8 – 10	N/A	4	60 sec	<i>Rotator cuff internal and external rotations (with very light dumbbell) x20 Each arm.</i>
Decline Press Ups	X8 - 10	N/A	4	60 sec	<i>Shoulder windmills x20 forward and x20 backwards</i> <i>You can also do a Cat/Cow Stretch and stand.</i>
Flys with HHI	X10	N/A	4	45 sec	<b>Post Workout Stretches</b>
V Press Ups	X8	N/A	4	60 sec	<i>To stretch the chest, place both hands behind your back with straight arms and lock your hands together, now push out with your chest until you feel a stretch.</i>
Upright Row with HHI	X10	N/A	4	45 sec	
Lat Raises with HHI	X10	N/A	8	45 sec	

## Day 3 - Legs & Glutes

Fasted Cardio: 15 Mins

Post-workout Cardio: 15 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

Exercise	Reps	Warm up set	Working Sets	Rest Time	Warm Up
Pulse Squats SS with Standing Lunges	X8-10	N/A	5	60 sec	Perform 12 slow <u>body weight</u> squats holding it at the bottom as low as you can for around 3 seconds each squat.
Step ups (on stairs) SS with jumping squats	X8-10	N/A	4	60 sec	Bend down and touch your toes to stretch your hamstrings
Goblin Squats SS with Side Lunges	X10 Each Leg	N/A	4	60 sec	Post Workout Stretches

Lying Leg Curls SS Glute Bridges	X8	N/A	4	60 sec	Bending down to touch your toes and holding this position for a few seconds each time. Bend your knee and hold your foot with your hand behind you. Hold this for a few seconds each leg.
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## Day 4 - Arms

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b>Exercise</b>	<b>Reps</b>	<b>Warm up set</b>	<b>Working Sets</b>	<b>Rest Time</b>	<b>Warm Up</b> <i>Rotator cuff internal and external rotations (with very light dumbbell) x20 Each arm Shoulder windmills x20 forward and x20 backwards.</i>
Close Grip Push Ups	Until Failure	N/A	4	60 sec	
Chair / Bath dips	X8 – 10	N/A	4	45 sec	
Tricep Extensions with HHI	X8 – 10	N/A	4	45 sec	
Hammer Curls with HHI	X10	N/A	4	60 sec	
Curls with HHI	X8 - 10	N/A	4	45 sec	
Bodyweight Curls	Until Failure	N/A	4	45 sec	<b>Post Workout Stretches</b> <i>Stand with both hands behind the body holding onto a rail of some kind. Let your body lean forward so that your arms stretch out behind you to stretch your biceps. Bend your elbow and point it straight up towards the ceiling and hold to stretch your triceps.</i>

## *Day 5 – Cardio Rest Day*

### ***40 minutes steady state cardio:***

- Run
- Bike ride
- Skipping Rope



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## Day 6 - Abs

Fasted Cardio: **15 Mins**

Post-workout Cardio: **15 Mins**

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b>Exercise</b>	<b>Reps</b>	<b>Warm up set</b>	<b>Working Sets</b>	<b>Rest Time</b>	<b>Warm Up</b>
Half Crunches SS leg raises	X8 - 10	N/A	4	60 sec	<i>Rotator cuff internal and external rotations (with very light dumbbell) x20 Each arm.</i>
Side oblique crunches SS full sit ups	X8 – 10	N/A	4	60 sec	<i>Shoulder windmills x20 forward and x20 backwards. You can also do a Cat/Cow Stretch and stand.</i>
Plank (60 sec) SS with bicycle kicks	X10	N/A	4	45 sec	<b>Post Workout Stretches</b> <i>Cobra Stretch.</i>
Crunches	Until Failure	N/A	4	45 sec	

## *Day 7 - Cardio Rest Day*

***25 minutes HIIT.***

*Sprints*

*Sprint 30 yards walk back and sprint again.*

*Continuous for 25 minutes.*



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## Phase 2

*"Keep moving on up"*

### Pairing - Week 5-9

Workout Split



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## **Phase 2**

Over the past 4 weeks in phase 1 you have been doing consistent exercises, increasing the weight you used and focusing on form. All of this was designed to keep your muscles guessing and not allow them to get used to your regime and maintain enough growth while burning fat. You also began regular pre and post workout cardio, even on rest days.

Cardio workout times will also be increased for this second phase to burn more calories and continue to shock your body into burning fat.

In phase 2, you will be doing a different set of exercises. These different exercises will work these same muscles in different ways and

from different angles. Working the muscles from different angles puts tension on different parts of the muscles and keeps the body from adapting to your workouts.

The lower body will be worked twice a week in this phase. You'll see increased strength in your legs and hips, creating more stability in your knee and lower back and mobility in your ankles and hips. You continue to pair big muscles with small ones hitting both compound movements and isolation exercises.

Your body will also have begun to adapt to your reduced food intake and so your carbohydrates will be cut down further while your cardio times will be increased.

Because of these changes, in these next few weeks you may notice your muscles feel sore in different places, as well as feeling hungrier again.

You are now required to decrease your food intake. Remove an additional 145 calories in the form of: 25g of Carbs and 5g of Fat.

It is recommended that you take some progress pictures of yourself from the front, side and back at this stage to compare with the pictures you took at the beginning.



## Workout Split for Phase 2

Day 1: Legs & Glutes  
Day 2: Back & Biceps  
Day 3: Chest & Triceps  
Day 4: Cardio Rest Day  
Day 5: Legs & Glutes  
Day 6: Shoulders  
Day 7: Rest/Stretch

## Focus

### Week 5

*The focus for week 5 should be getting used to the feel of these exercises.*

### Week 6

*The focus for week 6 should be using more resistance than you did on week 5 on the same exercises.*

### Week 7

*The focus for week 7 should be doing more reps with the same resistance than you did on week 6.*

### Week 8

*The focus for week 8 should be on FORM. Do not try to beat the resistance or the reps you did last week. Stick to the same with perfect form.*

***On the next pages are the exercises you will be doing in phase 2.***

## Day 1 - Legs & Glutes

Fasted Cardio: 20 Mins

Post-workout Cardio: 20 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

Exercise	Reps	Warm up set	Working Sets	Rest Time	Warm Up
Wall Sit (75 sec) SS with pulse squats	X10	N/A	4	60 sec	Perform 12 slow body weight squats holding it at the bottom as low as you can for around 3 seconds each squat. Bend down and touch your toes to stretch your hamstrings
Jumping Squats SS with side lunges	X10 - 12 each exercise	N/A	5	60 sec	
Step Ups SS with Goblin Squats	X10 - 12	N/A	4	45 sec	Post Workout Stretches
Glute Bridges	X10	N/A	4	45 sec	Bending down to touch your toes and holding this position for a few seconds each time.
Lying Leg Curls	X10	N/A	4	45 sec	bend your knee and hold your foot with your hand behind you. Hold this for a few seconds each leg.



## Day 2 - Back & Biceps

### Post workout Cardio: 20 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

Exercise	Reps	Warm up set	Working Sets	Rest Time	Warm Up
Supermans	X10 - 12	N/A	5	45 sec	<i>Rotator cuff internal and external rotations (with very light dumbbell) x20 Each arm.</i>
Bodyweight Rows	X10-12	N/A	4	45 sec	<i>Shoulder windmills x20 forward and x20 backwards. You can also do a Cat/Cow Stretch and stand.</i>
<u>Doorframe Rows</u>	X10 - 12	N/A	4	45 sec	<u>Post Workout Stretches</u>
1 Arm Row with HHI	X10 - 12	N/A	4	45 sec	<i>Stand upright with one arm brought straight across the body and then lock this arm in place using the elbow bend of the other arm. Now twist your hips the way the across arm is pointing until you feel a back stretch.</i>
Bodyweight Curls HHI	X10 - 12	N/A	4	45 sec	
Hammer curls with HHI	X10 - 12	N/A	4	45 sec	<i>You can also perform a Cat/Cow stretch, Cobra stretch and a knee to chest stretch.</i>



## Day 3 - Chest & Triceps

Fasted Cardio: 20 Mins

Post-workout Cardio: 20 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

Exercise	Reps	Warm up set	Working Sets	Rest Time	Warm Up <i>Rotator cuff internal and external rotations (with very light dumbbell) x20 Each arm.</i>  <i>Shoulder windmills x20 forward and x20 backwards.</i> <i>You can also do a Cat/Cow Stretch and stand.</i>
Press Ups	X10 - 12	N/A	4	60 sec	
Incline Press Ups	X10 - 12	N/A	4	60 sec	
Decline Press Ups	X10 – 12	N/A	4	45 sec	Post Workout Stretches
Flys with HHI	X10	N/A	4	45 sec	To stretch the chest, place both hands behind your back with straight arms and lock your hands together, now push out with your chest until you feel a stretch.
Close Grip Push Ups	Until Failure	N/A	4	60 sec	
Chair / Bath Dips	X8 - 10	N/A	4	45 sec	



Tricep extension with HHI	X10 - 12	N/A	4	45 sec	
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## Day 4 – Cardio Rest Day

### ***40 minutes steady state cardio:***

- Run
- Bike ride
- Swim
- Rowing

## Day 5 - Legs & Glutes

Fasted Cardio: 20 Mins

Post-workout Cardio: 20 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b>Exercise</b>	<b>Reps</b>	<b>Warm up set</b>	<b>Working Sets</b>	<b>Rest Time</b>	<b>Warm Up</b> Perform 12 slow <u>body weight</u> squats holding it at the bottom as low as you can for around 3 seconds each squat. Bend down and touch your toes to stretch your hamstrings.
Pulse Squats SS with Standing Lunges	X10	N/A	5	60 sec	
Step ups (on stairs) SS with jumping squats	X10	N/A	4	60 sec	
Goblin Squats SS with Side Lunges	X10 Each Leg	N/A	4	45 sec	<b>Post Workout Stretches</b> Bending down to touch your toes and holding this position for a few seconds each time. Bend your knee and hold your foot with your hand behind you. Hold this for a few seconds each leg.
Lying Leg Curls SS Glute Bridges	X8	N/A	4	45 sec	

# Day 6 - Shoulders

Fasted Cardio: 20 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

Exercise	Reps	Warm up set	Working Sets	Rest Time	Warm Up
Handstand Press-ups	Until failure	N/A	4	60 sec	<i>Rotator cuff internal and external rotations (with very light dumbbell) x20 Each arm.</i>
Decline Press ups	X12	N/A	4	45 sec	<i>Shoulder windmills x20 forward and x20 backwards</i> <i>You can also do a Cat/Cow Stretch and stand.</i>
V Push ups	X10 - 12	N/A	4	45 sec	<b>Post Workout Stretches</b>
Front Raise with HHI	X12	N/A	4	45 sec	
Lat Raise with HHI	X12 (each arm)	N/A	8	45 sec	<i>Stand upright with one arm brought straight across the body and then lock this arm in place using the elbow bend of the other arm to stretch the rear deltoid.</i>
Rear Delt Fly with HHI	X10 (each arm)	N/A	8	45 sec	<i>Hold onto something nearby and walk forward until your arm is fully stretched out in a horizontal position behind the body, this will stretch your front deltoid.</i>



## *Day 7 - Cardio Rest Day*

### ***25-minute HIIT***

*Aerobic circuit training*

*Spring on spot 20 seconds*

*15 Burpees*

*10 Jumping squats*

*15 sit ups*

*8 step ups each leg*

*45 seconds rest*

***Repeat 5 times***



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## Phase 3

*"Let's take things up  
another level!"*

### Separation - Week 9-12

Workout Split



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## **Phase 3**

Again, the exercises have changed, for the same reason that they were altered them at the start of Phase 2. You may see some of the same exercises that you have done in previous weeks but they will have a different rep range and so you should adjust the weight you use accordingly.

Here each of the muscle groups will be separated and targeted on their own specific days. Cardio times have been increased further to challenge your fitness level which will have been improving considerably over the last few weeks.

You are now required to further decrease your food intake. Remove an additional 145 Calories in the form of: 25g of Carbs and 5g of Fat.

Take some more progress pictures of yourself from the front, side and back to compare with the ones you took at the beginning of Phase 2 and the start of this program!

## Workout Split for Phase 3

Day 1: Back  
Day 2: Chest  
Day 3: Legs & Glutes  
Day 4: Shoulders  
Day 5: Cardio and Stretching  
Day 6: Arms  
Day 7: Cardio Rest Day

### Focus

#### Week 9

*The focus for week 9 should be getting used to the feel of these exercises.*

#### Week 10

*The focus for week 10 should be using more resistance than you did on week 9 on the same exercises.*

#### Week 11

*The focus for week 11 should be doing more reps with the same resistance than you did on week 10.*

#### Week 12

*The focus for week 12 should be on FORM. Do not try to beat the resistance or the reps you did last week. Stick to the same with perfect form.*

**On the next pages are the exercises you will be doing in phase 3**

## Day 1 - Back

Fasted Cardio: **25 Mins**

Post-workout Cardio: **25 Mins**

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b><i>Exercise</i></b>	<b><i>Reps</i></b>	<b><i>Warm up set</i></b>	<b><i>Working Sets</i></b>	<b><i>Rest Time</i></b>
<i>Supermans</i>	<i>Until Failure</i>	N/A	4	60 sec
<i>Door Frame Rows</i>	X12 – 15	N/A	4	45 sec
<i>Body Rows</i>	<i>Until Failure</i>	N/A	4	45 sec
<i>Rear Delt Flys</i>	X12 – 15	N/A	4	45 sec
<i>1-Arm Rows with HHI</i>	X12 - 15	N/A	4	45 sec



## Day 2 - Chest

Fasted Cardio: 25 Mins

Post-workout Cardio: 25 Mins

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b><i>Exercise</i></b>	<b><i>Reps</i></b>	<b><i>Warm up set</i></b>	<b><i>Working Sets</i></b>	<b><i>Rest Time</i></b>
<i>Press Ups</i>	X12 - 15	N/A	4	60 sec
<i>Incline Press Ups</i>	X12 – 15	N/A	4	60 sec
<i>Decline Press Ups</i>	X12 – 15	N/A	4	60 sec
<i>Flys with HHI</i>	X12	N/A	4	45 sec
<i>Close Grip Push Ups</i>	Until Failure	N/A	4	45 sec

## Day 3 - Legs

Fasted Cardio: **25 Mins**

Post-workout Cardio: **25 Mins**

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b>Exercise</b>	<b>Reps</b>	<b>Warm up set</b>	<b>Working Sets</b>	<b>Rest Time</b>
<i>Wall Sit (90 sec) SS with Jumping squats</i>	X10	N/A	4	60 sec
<i>Lunges SS with Step Ups</i>	X12 – 15	N/A	4	60 sec
<i>Wall sit (75 sec) SS with pulse squats</i>	X12	N/A	4	45 sec
<i>Glute Bridges SS with Donkey Kicks</i>	X12	N/A	4	60 sec
<i>Lying Leg Curls</i>	X10	N/A	4	45 sec
<i>Calf raises (on stairs)</i>	X12	N/A	8	45 sec



## Day 4 - Shoulders

Fasted Cardio: **25 Mins**

Post-workout Cardio: **25 Mins**

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b>Exercise</b>	<b>Reps</b>	<b>Warm up set</b>	<b>Working Sets</b>	<b>Rest Time</b>
<i>Handstand Pushups</i>	<i>Until failure</i>	<i>N/A</i>	4	60 sec
<i>V Push ups</i>	X12	<i>N/A</i>	4	45 sec
<i>Decline Push ups</i>	<i>Until Failure</i>	<i>N/A</i>	4	45 sec
<i>Lat Raise with HHI</i>	<i>X12 (each arm)</i>	<i>N/A</i>	8	45 sec
<i>Rear Delt Fly with HHI</i>	<i>X12 (each arm)</i>	<i>N/A</i>	8	45 sec

## *Day 5 - Cardio and Stretching*

### **25-minute HIIT** *Aerobic circuit training*

*Sprint on spot 20 seconds  
15 burpees  
10 Jumping squats  
15 sit ups  
8 step ups each leg*

*45 seconds rest*

***Repeat 5 times***



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## Day 6 - Arms

Fasted Cardio: **25 Mins**

Post-workout Cardio: **25 Mins**

Most of these exercises are suggested on the assumption that you have no access to any home gym equipment or substitutes. If you do have some then feel free to change up some of the suggested exercises if you feel that using the equipment may be more beneficial. Please see page 36 - 38 for a list of exercises to do with some common home gym equipment.

<b>Exercise</b>	<b>Reps</b>	<b>Warm up set</b>	<b>Working Sets</b>	<b>Rest Time</b>
<i>Close Grip Push Ups</i>	<i>Until Failure</i>	N/A	4	60 sec
<i>Chair / Bath dips</i>	X12 - 15	N/A	4	45 sec
<i>Tricep Extensions with HHI</i>	X12 - 15	N/A	4	45 sec
<i>Hammer Curls with HHI</i>	X12 - 15	N/A	4	45 sec
<i>Curls with HHI</i>	X12 - 15	N/A	4	45 sec
<i>Bodyweight Curls</i>	<i>Until Failure</i>	N/A	4	60 sec



## *Day 7 - Cardio Rest Day*

### ***45 minutes steady state cardio:***

- Run
- Bike ride
- Swim
- Rowing

## ***Congratulations!***

So, after completing week 12... You're done! How do you look, how do you feel?

Committing to something for 12 weeks takes real dedication and is an outstanding achievement. Congratulations to you.

Take some final pictures of yourself to compare with the ones you took before you started and the ones you took along the way. Like what you see? Show them off, share them with us!

You can come back to this plan again and again in the future and continue again for another 12 weeks going even further than you went the first time. Seeing just how far you can take things with your body will leave you amazed. But it is up to you to take it there.

We must say we hugely appreciate you coming to our website, purchasing, downloading and following this plan. It means a great deal for us to share knowledge with you and help you make lasting positive change.

A huge thank you from us at Central Coast Personal Training!

[www.centralcoastpt.com.au](http://www.centralcoastpt.com.au)

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# Stay Connected!



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# *Key Definitions*

## **Reps**

A Rep is short for repetition and refers to a muscle movement. You complete a certain number of reps in order to work your muscle.

### **Example:**

Doing 10 reps of an exercise would mean performing the full movement of an exercise 10 times, such as 10 press ups.

When performing an exercise, you must use the right resistance. You must use enough resistance that challenges you but also be able to maintain strict form. The final 1-2 reps of a set should be a struggle and you should be giving it all you have got. This is your body

working to 100% capacity which is needed for the growth and development of your muscles. Use this as a guide for when deciding the resistance, you should use.

Your muscles are going to burn. You must push through this pain barrier in order to see your best results. Getting those last few reps out when you might not want to, is something you will have to get used to. This is where outstanding results are made, and true champions are forged!

## **Sets**

A set is the name given to a block of reps. referring to the example above, completing 10 reps would be completing 1 set. Therefore, you would say "I have just completed 1 set of 10 reps".



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## **Superset**

Supersets are combinations of exercises performed consecutively with no rest in between sets (2 twos back to back). They can be performed on the same muscle groups or different. Supersets are a fantastic way to add intensity to your workout and really hit your muscles hard.

### **Example 1** (Same muscle group)

A superset would be doing first a set of squats then instantly going into a set of lunges.

### **Example 2** (Different muscle group)

Another superset would be completing a set of press ups and then going straight into a set of bodyweight rows.

## **Form**

Form is the technique used to lift a weight. Maintaining strict and close form throughout the movement of an exercise is critical to ensuring that the movement is done correctly so as to adequately work the muscle. Correct movement of a muscle hugely decreases the chance of injury.

## **Positive and negative reps**

Performing a full rep consists of two distinct phases: the positive (concentric) phase and the negative (eccentric) phase.

The positive phase is when the resistance is pushed or pulled so that the muscle contracts such as the pushing yourself up on a squat. The negative is the part of the movement where the muscle is stretched such as when you are lowering yourself down when doing a squat.



Utilizing negative reps can be a great way to add more intensity, shock your muscles and create more muscle fiber tears. These can be best performed by greatly slowing down the negative phase of an exercise so that it takes between 3-5 seconds to lower the resistance down before lifting it back up again.

contracting and pulling the bottom half of your arm up. Therefore, a full range of motion would be the arm starting off straight and then moving and contracting all the way until the elbow joint is closed.

## **Range of motion**

Range of motion is simply how far a muscle is able to move from point of extension (stretch) to a flex (contraction). Think of your biceps.

When your arms are held at your side and are straight, this is the extension of the bicep as elbow joint is open. As you begin to lift your arms and hands up towards the shoulders and close the elbow gap, this is the muscle

