



ANGEL COACHING LLC

ANGEL'S FITNESS **BLUE PRINT**

SIMPLE GUIDE



COVERS

- Muscle Building
- Cardio for Fat Loss
- Calories/Macros
- Nutrition Guidance

FOR 1:1 COACHING

Go to angel-coaching.app or Dm
Angel_Coaching1 on Instagram

Cutting 101 – Quick Hacks



Time your eating window (IF): Water/zero-cal until mid-afternoon to shrink your eating window. **Skip this if you train in the morning**—eat before training.

Carbs before bed for sleep: Save **20–40 g carbs** with protein at your last meal to help you fall asleep faster and recover better.

Go-to low-cal flavor: Use low-cal sauces/syrups to make whole-food meals easy (e.g., sugar-free syrup, low-cal yum-yum, hot sauce, sugar-free BBQ). **Measure**—calories still count.

Bubbles beat cravings: Flavored sparkling water or diet soda **2–3×/day** can curb cravings and keep you full.

Keep Activity High: Aim for **8–10k steps** and stay on your feet—walk, chores, standing, light fidgeting. Don't let activity crash while dieting.

Whole foods > ultra-processed: Build meals from **lean protein + fiber-rich carbs + fruit/veg**. Processed/sugary foods are less filling and drive cravings.



Read This First – How to Use This Kit



Your only job: Hit the **Daily 5** and the **3x/week workouts** at ~80% consistency. If you do that, you'll see visible changes in **2–4 weeks**.

The SPSS Method:

Steps: Keep daily burn high with simple walking blocks.

Protein: Eat enough to preserve/gain muscle while you lose fat.

Sleep: Better sleep → better hunger control and motivation.

Strength: Short, progressive sessions so you actually get stronger.

10-Minute Rule: Stuck? Do **10 minutes** (walk, prep protein, 1 mini-set). Momentum beats perfection.



The Daily 5 (check these off)



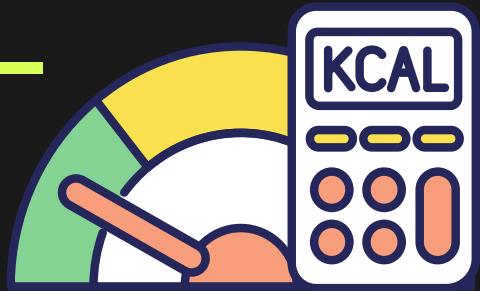
- Steps:** 8–10k steps daily
- Protein:** hit daily goal(see reccomendations below)
- Strength or Mobility:** 30–45 min **or** 10-min mini-session
- Sleep:** wind-down + consistent window
- Water:** a glass with each meal + one between

Weekly 4: 1) Weigh in daily. 2) Review wins/blockers. 3) Batch-cook **2 proteins**. 4) Schedule training.



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Calories/Macros – Pick a Preset



Starting calories: ~11× current bodyweight (lb)

Protein: 0.8–1.0 g/lb goal weight

Fats: 0.30–0.40 g/lb goal weight

Carbs: Calories left after P & F

Men – Example Presets

220 → 205 lb: 2,400 kcal • 200g P • 75g F • ~230g C

200 → 185 lb: 2,200 kcal • 185 g P • 70 g F • ~210 g C

180 → 170 lb: 2,000 kcal • 170 g P • 60 g F • ~195 g C

160 → 150 lb: 1,750 kcal • 150g P • 55g F • ~165g C

Women – Example Presets

170 → 155 lb: 1,850 kcal • 140g P • 55g F • ~200g C

150 → 135 lb: 1,650 kcal • 125 g P • 50g F • ~175g C

130 → 120 lb: 1,450 kcal • 105 g P • 45g F • ~155g C

115 → 110 lb: 1,250 kcal • 90 g P • 40g F • ~130g C

Coach tips: Keep **protein steady**; adjust **carbs/fats** first. Prioritize adherence and energy over perfect numbers.



Meal Builder – Plug-and-Play



- 1) Protein (pick 1):** 6–8 oz chicken/lean beef/turkey, 1 can tuna/salmon, 1 cup Greek yogurt, 1 scoop whey, 4–5 eggs/egg whites.
- 2) Smart carb (pick 1):** rice, potatoes, oats, berries, tortillas, sourdough
- 3) Produce:** 1–2 fists veg/salad **or** a piece of fruit.
- 4) Add fat (optional):** 1–2 tbsp olive oil, $\frac{1}{4}$ – $\frac{1}{2}$ avocado, or pre-portioned nuts.

Two Sample Days

~2,000 kcal

Breakfast: Greek yogurt + berries + drizzle honey

Lunch: Chicken burrito bowl (rice, beans, pico, lettuce)

Snack: Protein shake + banana

Dinner: 90/10 beef, potatoes, big salad

~1,500 kcal

Breakfast: Egg-white scramble + sourdough + fruit

Lunch: Turkey sandwich on sourdough + apple

Snack: Cottage cheese + pineapple

Dinner: Salmon, rice, broccoli



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Restaurant Ordering Guide



Chipotle (≈650–750 kcal): Bowl → double chicken, ½-scoop rice, fajita veg, pico, corn, lettuce. Skip queso. Add guac only if you skip rice.

Panera (≈500–700): Teriyaki chicken bowl (light sauce) **or** Fuji apple chicken salad (no crisps; dressing on side). Add an apple.

Chick-fil-A (≈500–650): Grilled chicken sandwich + fruit cup; **or** 12-count grilled nuggets + kale crunch; small fries if needed.

Thai (≈600–800): Chicken satay + steamed rice + extra veg; **or** pad see ew, no extra oil; split in half.

Italian (≈650–850): Grilled chicken + potatoes + veg; **or** half pasta + extra grilled protein; red sauce > cream.

Mexican sit-down (≈650–850): Fajitas (chicken/steak) → use **2 tortillas**, load peppers/onions, skip sour cream, go heavy on salsa.

Sushi (≈500–750): 1–2 lean-fish rolls + edamame + miso soup; avoid tempura/creamy sauces.

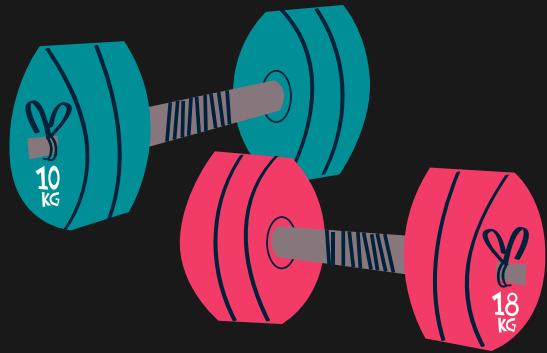
Starbucks/Breakfast (≈400–600): Egg white bites + oatmeal/fruit; **or** turkey bacon sandwich + banana.

Alcohol? See strategy below.



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35–45 Minute Workouts



Guidelines: Train 3–6×/week, 35–45 minutes. Keep 1–2 reps in reserve (RIR) on your hard sets. Warm up with 2–3 ramp sets for the first big lift (lighter → working weight). Progress each week by **reps → load → density** (shorter rests).

Rest targets: rest 90 seconds-2 minutes in between sets

Workout A – Lower Workout

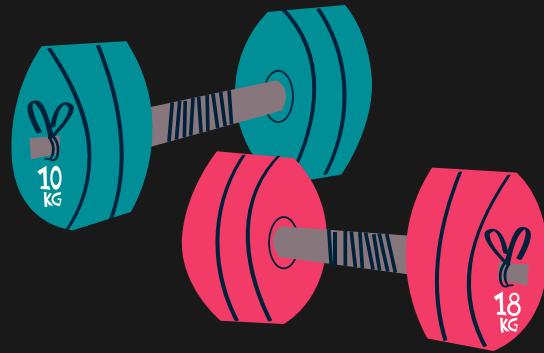
- Leg press – 2× 5–8 reps
- Seated Leg Press – 2× 8-10 reps
- Laying Hamstring Curl— 2× 6-10 reps
- Machine Seated Leg Extension— 2× 8-10 reps
- Machine Seated Hip Adduction— 1x 8-10 reps
- Standing Calf Raises— 1x5-8 reps

Finisher (optional 10-15 min): Incline treadmill walk or bike at moderate pace.



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35–45 Minute Workouts(pt 2)



Workout B – Upper Workout

- Lat Machine Wide Grip Pulldown— 2x 5-8 reps
- Smith Machine Incline Bench— 2x 5-8 reps
 - Dumbbell Lateral Raise— 2x 8-10 reps
- Single Arm Tricep Extension— 1x 5-10 reps
- Dumbbell Alternating Hammer Curls— 1x 5-10 reps
 - Machine Seated Reverse Fly— 1x 5-10 reps

Finisher (optional 10-15 min): Incline treadmill walk or bike at moderate pace.

Workout C – Hotel Gym Circuit (Treadmill + DBs/Bands)

Warm-up: 3–5 min brisk walk.

Circuit (3 rounds, ~18–22 min):

- Dumbbell bench – 10–12
- Goblet squat – 10–12
- 1-arm Dumbbell row – 10–12/side
- Dumbbell Romanian Deadlift – 10–12
- Band pull-apart – 15–20

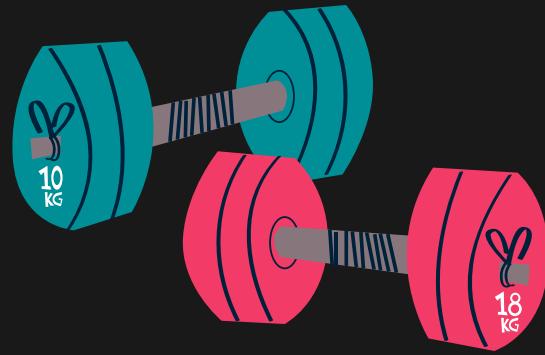
Rest ~60s between moves as needed; keep moving.

Finisher (10-15 min): Treadmill incline walk



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35–45 Minute Workouts(pt 3)



Workout B – Upper Workout

- Lat Machine Wide Grip Pulldown— 2x 5-8 reps
- Smith Machine Incline Bench— 2x 5-8 reps
- Dumbbell Lateral Raise— 2x 8-10 reps
- Single Arm Tricep Extension— 1x 5-10 reps
- Dumbbell Alternating Hammer Curls— 1x 5-10 reps
- Machine Seated Reverse Fly— 1x 5-10 reps

Finisher (optional 10-15 min): Incline treadmill walk or bike at moderate pace.

Workout C – Hotel Gym Circuit (Treadmill + DBs/Bands)

Warm-up: 3–5 min brisk walk.

Circuit (3 rounds, ~18–22 min):

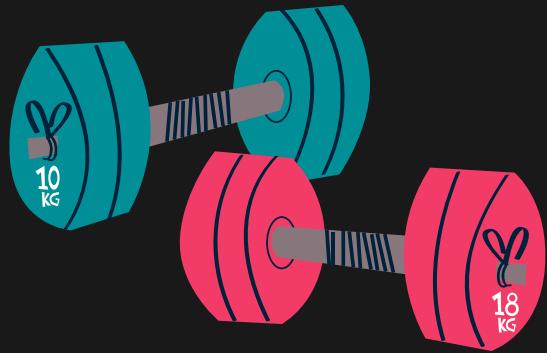
- Dumbbell bench — 10–12
- Goblet squat — 10–12
- 1-arm Dumbbell row — 10–12/side
- Dumbbell Romanian Deadlift — 10–12
- Band pull-apart — 15–20

Rest ~60s between moves as needed; keep moving.

Finisher (10-15 min): Treadmill incline walk



Ab Workout and Workout Advice



Ab Workout

-Supported Leg Raises 2x failure
90 Second Rest

-Oblique Focused Leg Raises 2x failure
90 Second Rest

-Machine Ab Crunch 1x Failure

Time-crunched? Do 10-minute mini-sessions twice a day:
pick 1 lower + 1 upper movement and run 3 sets.

Progression rules (simple):

Hit top reps on a lift for 2 sessions in a row → add 5 lb
(upper) or 10 lb (lower) next time.

If you miss reps two sessions in a row → keep weight, aim to
hit the low end of the rep range cleanly before increasing.

Stop sets 1–2 reps before form breaks.



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Steps & Sleep Protocol



Steps & Movement Plan

3×10-minute walk blocks: between calls, **after lunch,** **after dinner.**

Post-meal 10s: Walk **10 minutes** after your biggest meal.

Park farther / stairs-only rule at work.

Target: 8–10k steps/day (**≥6k** on travel days).

Sleep Protocol (4 steps)

Power down 60 minutes before bed; warm light / Night Shift.

Heat-then-cool: hot shower → cool, dark room (**65–68°F**).

Brain dump: 10-minute notebook/reading;

Consistent window: sleep/wake within **±30 minutes**.

Caffeine cutoff: ~6 hours before bed. Consider phone out of the bedroom.



Alcohol and Travel Strategy



Alcohol Strategy (and still make progress)

Max 2-3 drinks on any day; avoid **back-to-back heavy nights**.

Choose **spirits + zero-cal mixers, light beer, or dry wine**; skip sugar bombs.

Hydrate: 1 glass of water per drink + 1 before bed. Take an electrolyte supplement if possible before bed.

On drinking days, keep your protein high and carbs/fats **low**.

Travel Playbook

Pack: whey scoop + shaker, jerky, protein bars, electrolytes, resistance band.

Airport: water on arrival; grilled protein bowl/salad; skip pastry stacks.

Hotel: check gym on arrival; schedule two **30-min** sessions; ask for mini-fridge; order **grilled protein + veg + rice/potatoes**.



10-Minute Grocery Staples (fast cart)



Proteins: rotisserie chicken, 90/10 beef patties, deli turkey, eggs/egg whites, Greek yogurt, cottage cheese, canned tuna/salmon, whey isolate.

Carbs: microwave rice, potatoes, oats, tortillas, sourdough, berries, bananas.

Fats: olive oil spray, avocado, pre-portioned nuts.

Veg: bagged salads, baby carrots, frozen veg, peppers, broccoli.



Trouble Shooting and Results



Troubleshooting – If-Then Fixes

If weight stalled 7+ days and adherence <80% → fix consistency first (hit Daily 5).

If weight stalled 7+ days and adherence ≥80% → -100 kcal
(usually from carbs).

If always hungry: add **10–15 g protein + more veg** at 2 meals;
move **walk block after dinner**.

If energy low in workouts: swap **25–35 g carbs** to **pre-workout** window.

If steps keep missing: schedule **2 walk meetings** or split into **6×5-min bites**.

What to Expect

Weeks 1–2: less bloat, steadier energy, **1–3 lb down**.

Weeks 3–6: clothes fit better, lifts steady/up, **6–10 lb down**.

Weeks 7–12: visibly leaner, habits feel automatic, **12–20+ lb down**
(varies).

Hit ~80% adherence and your results are guaranteed inside coaching.



Want Guaranteed Results?



WANT THIS DIALED-IN FOR YOUR LIFE AND SCHEDULE? **BOOK A FREE 15-MINUTE AUDIT** AND I'LL MAP YOUR 12-WEEK PLAN.

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OR GO TO ANGEL-COACHING.APP

QUESTIONS? DM @ANGEL_COACHING1 ON INSTAGRAM



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SAFETY & MEDICAL
GENERAL GUIDANCE ONLY; NOT MEDICAL ADVICE. IF YOU HAVE
A MEDICAL CONDITION, TAKE MEDICATIONS, OR HAVE
SPECIFIC DIETARY NEEDS, CONSULT YOUR PHYSICIAN BEFORE
STARTING. MODIFY MOVEMENTS AROUND PAIN.



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