FITNESS GYM

YOUR COMPREHENSIVE GUIDE INTO THE PURSUIT

FOR BETTER HEALTH & PERFORMANCE


FITNESS
GYM

Now that you have made a commitment to achieving your fitness goals, by entrusting us to guide you; we will provide continual support with plausible, sustainable results.

We would like to thank you for your support in an organization devoted to providing quality service in health and wellness.

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ABOUT US

We are a health and wellness consulting network, specializing in individual fitness program design, personal training, and nutrition counseling. Whether you are interested in weight management, muscle building or sport specific training such as hockey, basket- ball or track and field; our growing team of certified consultants bring together a diversity of coaching methods such as; flexibility training, kick boxing, power training, speed training, suspension training and yoga to deliver your goals.
Our mobile fitness programs allow us to deliver quality of service, in the comfort of your home.

OUR VISION:

To be recognized as a leader in the health and wellness industry; through our personalized user manuals, one on one fitness coaching, online user profiles and educational tools.
To challenge the status quo through relentless pursuit of better business practices, that are value-based and outcome-driven; with a team of qualified and enthusiastic professionals.

OUR MISSION:

To improve the quality of life for all level of exercisers through: fitness coaching, corporate wellness, nutrition consulting, outdoor summer programs, and online client support.
We will provide meal, fitness and wellness programs to improve our client fitness goals with specialized, accurate guides. We are committed to promoting better health for all, through devoted online consultants, one-on-one fitness coaching, and information seminars.

IRONCLAD VALUES

QUALITY OF SERVICE
Delivering the best service to each client, while earning their confidence through our comprehensive programs and fitness coaching sessions.
THE POSITIVE SPIRIT
Reinforcing a positive attitude in our clients by delivering tangible results. A positive attitude inspires productivity and consistency in achieving any health and fitness goal.
SUSTAINABILITY
Embracing sustainability allowing us to provide continued support to our clients, with updates to their programs, and contributing free monthly newsletters.
CREATIVITY
Encouraging & promoting creativity in program design through our growing network of fitness consultants to yield client results. Creativity promotes one's success.
ACCOUNTABILITY
We are accountable. We use the application of knowledge, expertise, experience and integrity in achieving our client's success.

ARE YOU READY FOR ACTIVITY?

NAME:		
AGE:		
HEIGHT:		
CURRENT BODYWEIGHT (lbs)		
CURRENT WAIST SIZE (inches)		
MEDICAL PROFILE		
Select the following conditions that apply to you		
CONDITIONS	YES	NO
Dizziness		
Acid Reflux		
High Blood Pressure		
Shortness of Breath		
Water Retention or Bloating		
Arthritis		
Irritable Bowel Syndrome		
Diabetes		
High Cholesterol		
Hypothyroidism		
Anemia		
Heart Disease		
Neck Pain		
Muscle Spasms		
Lower Back Pain		
Visit our website for more information on specific conditions.		
Nutritional Parameter		

If you answered YES to one or more questions:
Talk with your doctor by phone or in person BEFORE you start becoming more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and to which questions you answered YES.
You may be able to do any activity you want–as long as you start slowly and build up gradually. Or you may need to restrict your activities to those that are safe for you. Talk to your doctor about the kinds of activities you wish to participate in and follow his or her advice.
If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
Start becoming much more physically active–begin slowly and build up gradually. This is the safest and easiest way to go.
Take part in a fitness appraisal–this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

5 MOST IMPORTANT FACTORS THAT WILL BRING YOU SUCCESS

IS YOUR GOAL REALISTIC?
Setting a reasonable goal will naturally prevent and help manage your stress levels
A POSITIVE ATTITUDE
Setting a goal encourages a positive mental attitude and minimizes feelings of discouragement.
DETERMINATION
Once set, your goal will help boost your confidence and enhance your focus and concentration.
MOTIVATION
A realistic goal will improve your strategic technique and increase your intrinsic motivation to excel.
COMMITMENT
Your goal will improve your quality of physical training, healthy nutritional practice, and ultimately boost your per- formance. This requires your commitment to your training and nutrition programs through logging.

BUILDING YOUR STATISTICS: LOGS (TAB)

YOUR CURRENT STATISTICS		**HEALTH GOAL PROJECTIONS**	
Body Weight		Body Weight	
Health Conditions		Health Conditions	
Body Fat %		Body Fat %	
Lean Mass		Lean Mass	
Body Mass Index		Body Mass Index	
Nutritional Parameters		Risk Reduction	
Health Risks		Focus	
Physical Limitations			

The importance of setting a goal is paramount to your success. We have set out a guideline for setting an appropriate goal, so that you can achieve and maintain your results.

TRACK RESULTS IN YOUR USER ACCOUNT

Knowing how your clothes fit, and how “light or heavy” you feel is not the best way to track whether or not you are getting results.

BODY MEASUREMENTS REPORT:
(CLICK LOG TAB TO ENTER UPDATED STATISTICS)

Measurements are in Inches

DATE	UPPER ARMS	HIPS	SHOULDERS	WAIST	UPPER THIGH	LOWER THIGH

Body composition and measurement logs are due on a biweekly basis from the start date of fitness program subscription. Measuring tapes and fat calipers are available for purchase within your user account.

BODY COMPOSITION REPORT:
(FAT CALIPER)

FREQUENCY: EVERY 2 WEEKS
WEIGHT AND MASS IS MEASURED IN POUNDS

DATE	WEIGHT	FAT MASS

Our Fitness Consultants will provide further instructions on usage if required.

BODY FAT AND BMI, WHAT'S THE CONNECTION?

Body fat is a vital aspect of daily body functions including mental performance. A healthy percentage of body fat cushions the joints and protects the organs. It also helps regulate your body temperature, stores vitamins and helps sustain the body when food is min- imal. Serious health risks have been associated with either too much body fat, or too little body fat, and this is where BMI comes in. The Body Mass Index is a guideline used to measure increased risk for serious disease such as hypertension, type II diabetes, prostate cancer, dyslipidemia, stroke, breast cancer, gallbladder disease, colon cancer, osteoarthritis, respiratory problems, sleep apnea, and coronary heart disease. The BMI guideline can also be used by athletes to fine- tune their performance.

BODY MASS INDEX

Your BMI can be easily calculated using inches and pounds or meters and kilograms.
For adults aged 20 years or older, your BMI falls into one of the following categories. The Body Mass Index is not ideal for pregnant women and athletes.

HOW TO DETERMINE YOUR BMR (BASAL METABOLIC RATE)

This will determine rate of which you metabolize calories
Body weight (kg) X 24 (hrs in a day) X (multiplier) - Based on correlating BMI Statistic.

Body Mass Index	Weight Status	Multiplier	Health Risk
Below 18.5	Underweight	1.0	Low
18.5-24.9	Normal	.95	Average
25.0-29.9	Overweight	.90	Mildly Increased
30.0-34.9	Obese	.85	Moderate
35.0-39.9	Obese	.85	Severe
40.0 and above	Obese	.85	Very Severe

ABOUT OUR NUTRITIONAL PROGRAMS

Scientific surveys have recently revealed that the majority of athletes and non-athletes do not have a working knowledge of what actually constitutes an effective nutrition program. Unfortunately, this encourages athletes and individuals looking for results to resort to poor and unsafe nutritional practices that are counterproductive to improving performance.

IAMIRONCLAD nutritional programs and principles will enable you to reach your athletic peak quicker and safer, while building upon the foundation of optimal health and maximizing your performance. Our programs will also explore nutrient modulation specific to your needs, so that your results are true, and do not lead to rebound effects after achieving your goals.
Nutrition as we most know it consists of food consumption and elements that make up these foods, but it doesn't actually stop there. In fact, nutrition is the actual process of eating, and the conversion of these foods, into functional, structural body components such as muscle, fat, skin and even hair. It is required for growth, bodily functions, repairs, performance and overall health. It is important to note that different functions require special nutrients.
Eating for muscle mass requires certain levels of protein; improving mental performance requires a healthy source of fats; maintaining efficient metabolic processes requires adequate fibre intake; and in order to improve your performance you will need to ensure that these nutrients are consumed at the right time, and in proper amounts.
You are what you eat! All of the individual components of what composes an effective nutritional program will be important for recovery and your ability to perform at peak levels.

"Adequate nutrition and physical activity is the key to longevity" –C. Jones

KEY BENEFITS

1. YOU WILL BOOST YOUR PERFORMANCE
2. LEARN TO MAKE THE RIGHT CHOICES
3. OUR PLANS BRING MEASURABLE RESULTS

OUR NUTRITIONAL SCHOOL OF THOUGHT THREE PROGRAMING FACTORS THAT GO INTO MEAL PLANNING:

MAXIMUM PERFORMANCE

This practice includes not only eating for optimum health, but also to increase your output. This may include manipulation of fat, protein, and carbohydrate consumption and even micro-nutrients to enhance your athletic performance and recovery.

OPTIMUM HEALTH

Optimum nutrition takes into account nutrients needed for their antioxidant properties, which will aid in free radical and toxin reduction. It will also include both forms of non- essential and essential nutrients which normally equate to amounts twice those of basic daily recommendations.

SURVIVAL

This is the baseline of nutrition typically set through government standards of what a person should be consuming on a daily basis in order to maintain adequate allowance of nutrients.

NUTRITION 101: COVERING THE BASICS

The basics of what constitutes good nutrition, includes the four food groups meant to promote the concept of a balanced diet. These food groups are:

1. Fruits and Vegetables
2. Meats, Fish, Poultry
3. Dairy
4. Breads and Cereals

These groups are then divided into two forms of nutrients; some foods may even share both forms of nutrients.

A. Macro-Nutrients: Are the nutrients to be consumed in large amounts on a daily basis and are quantified in ounces and grams. These particular nutrients include Protein, Carbohydrates, Fats and Water. Macro- Nutrients' primary function is to provide the body with energy and formulate growth and repair.

B. Micro-Nutrients: Are the nutrients to be consumed in small quantities on a daily basis and are normally quantified in milligrams (mg), micrograms (mcg) and international units (IU). Your Micro- Nutrients are your vitamin and minerals; their primary function is to regulate your metabolic rate, restore electrolyte balance, strengthen and repair bones and connective tissue.

NUTRITION AND YOUR PERFORMANCE

Following the general food guide practices are usually effective for non-athletes as it provides the individual with adequate nutri- tional content, i.e. nutrition for survival and in most cases optimal health.
Performance nutrition for athletes on the other hand is scientifically quantitative in order to enhance output. This entails nutrition for maximum performance and Ideally, this form of nutrition still requires the baseline characteristics of general nutrition practices.
A 250 lbs. bodybuilder requires unique bioenergetics parameters; as would a 150lbs marathon runner.

MACRO-NUTRIENTS: A CLOSER LOOK

PROTEIN

1 g of protein=4 calories

This macro nutrient is essential for growth and recovery of muscle tissue. Protein, which is primarily found in meats, fish, poultry, eggs, provides the amino acids necessary to prevent muscle loss.

For individuals who are vegetarians or vegans, consider sources such as seeds, legumes and nuts, for their primary source of amino acids.

Proteins are also accountable for the production of enzymes, hormones, and DNA, and make up approximately 75% of dry weight in body cells.

In order to prevent muscle wasting it is important that you have a consistent supply of amino acids throughout the day, which will promote higher energy levels, lean muscle mass, speedy recoveries, and even keep your metabolic process efficient.

CARBOHYDRATES

1 g of carbohydrate=4 calories

Carbohydrates are the primary fuel source for your body. This molecule breaks down into glucose and provides fuel for both the brain and nervous system. It is vital in appetite control, maintaining proper blood sugar levels, and enhancing your aerobic performance.

There are several types of carbohydrates that you should note. First, complex carbohydrates, which are a more stable form of energy and are known as Polysaccharides. The other form is simpler in structure, such as fruit sugars, which do not provide sustainable forms of energy, but are ideal for post physical activity to replenish glycogen depleted through exercise. Your fibre intake which accounts for an indigestible form of carbohydrate is responsible for intestinal health, and helps regulate the absorption of sugars into the bloodstream.

FATS

1 g of fats=9 calories

This Macro Nutrient has been put through the grinder on many occasions. Concerns over fat consumption have allowed EFA (essentia fatty acids) to slip under the radar. EFAs are required for cell repair, growth, brain function and weight management and also acts as inflammatory moderators.

When considering your performance, EFA plays an effective role in each cell, including muscle cells and becomes a prominent energy source while performing endurance activities such as ½ marathons.

Poor sources of fats however, are detrimental to your performance and overall physical health. This is the leading cause for many coronary diseases rampant today.

MICRO-NUTRIENTS : A CLOSER LOOK

As mentioned in the previous section, your Micro- Nutrients are consumed in small quantities on a daily basis and are more diverse than your Macro- Nutrients. These nutrients are the co enzymes and cofactors that are responsible for their structured roles in elec- trolyte balance and other metabolic processes. These vitamins and minerals are essential for performance and overall health. They are nutrients that your body cannot produce and must be obtained through proper nutrition. There are various kinds of vitamins whose primary function is to maintain growth and recovery and are organic compounds, which are required for the maintenance of cell structures. They are also classified into two categories; fat-soluble vitamins and water-soluble vitamins.

Your fat-soluble vitamins are vitamins A, D, E, and K. As the term implies, these vitamins are stored in the liver and fatty tissue. An excess of these vitamins can be toxic to your body therefore it is important to monitor supplemental intake of these particular vita- mins in your diet. Your water-soluble vitamins are not as easily retained by our bodies and are typically denatured or diminished in the process of cooking. This includes; vitamin C, which is largely known for metabolic processes and antioxidant properties. Your B vitamins on the other hand, are primarily essential for energy production and function as co-enzymes.

Although minerals are inorganic nutrients and are found in the body, they too are vital for many metabolic processes that take place in the body, and structure components such as bone strength, and other connective tissue. Research has shown that although these minerals are also found in foods, our body does not always absorb all of them, hence the option of supplementation. This takes us to the point of Bioavailability, which refers to the rate of which food is ingested, enters into the blood stream through the digestive track, and is then processed by the cells where they are needed.

WATER ON PERFORMANCE

Your performance relies greatly on proper hydration; this is grossly underestimated. Water is the most abundant nutrient in your body and arguably the most important.

Without an adequate source of water, your bodily functions will deteriorate. This will affect functions such as core temperature, which negatively affects all metabolic pathways and energy systems. This will ultimately reduce your cardiovascular functions and physical capacity to perform.

If you are thirsty, you are already in a state of dehydration. As a general guideline to maintain your hydration levels, you can measure your fluid intake based on your output and frequency. If you are fully hydrated your frequency of urination will be approximately every 1.5/2hrs, if you are urinating no more than a few times a day, you may want to increase your water consumption.

ACIDS VS ALKALINE FOODS:

BALANCE THE SCALE WITH GOOD NUTRITION

A major part of how we look and feel is directly related to the foods we eat on a daily basis. It is important for you to identify which foods are conducive to an alkaline environment and those that promote an acidic environment. The following chart is an example of some food variations you should consider.

ACIDIC FOODS	ALKALINE FOODS	LOW ACIDIC FOODS
Meat	Potatoes	Whey Protein
Poultry	Milk	Red/Black Currants
Fish	Garlic	Plums
Mussels	Brazil Nuts	Figs
Shrimp	Green Vegetables	Yogurts
Eggs	Bananas	Raspberries
Strong Cheese	Almonds	Apricots
Peanut Oil	Turnips	Blueberries
Wheat	Colored Vegetables	Kefir
Oats	Cottage Cheese	Strawberries
Bread	Chestnuts	Watercress
Pasta	Avocado	Mangoes
Legumes	Asparagus	Melon
Chocolate	Cold Press Oils	Quinoa
Walnuts	Brussels Sprouts	Sauerkraut
Hazelnuts	Spinach	Brown Rice
Pumpkin Seeds	Dates	Watermelon
Coffee	Raisins	Buckwheat
Tea	Onions	Lactofermented Vegetables
Wine	Sweet Pepper	Rye
Mayonnaise	Carrots	Honey
Mustard	Beets	Tangerines
White Rice	Sweet Potatoes	Sorrel
Strong Cheese	Cauliflower	Vinegar
Walnuts	Radishes	Grapes
Tomato Sauces	Green Beans	Rhubarb
Couscous	Zucchini	Barley
Peanut Oil	Parsnip	Berries
Hazelnuts	Celery Stalks	Cherries
Oranges	Cucumber	Peaches

BETTER THE ODDS

Understanding the importance of food variation and balancing your acidic intake, enhances your chances of utilizing most of the nutrients consumed.This will also maintain proper acidic and alkaline levels in the blood and minimize strain on your organs.

NATURAL HERBS AND & ERGOGENIC GUID

COMMON HERBS:			
HERB NAME	DOSAGE RANGE	PURPOSE	PRECAUTIONS
Bromelain	300-500mg/3x-day after meals	Inflammation injuries use for 2-3 weeks	Can cause allergic reactions
Bilberry	40mg or higher/ day	Supports eye health, treats eye disorders	None known
Black Cohosh	100-400mg/day	Relieves symptoms associat-ed with PMS and menopause	Not recommended if on hormonal or birth control medication
Chamomile	400-1400mg/day	Treats mild gastro intesti- nal disturbances, calming proper-ties	May cause drowsiness, other possi-ble allergic reactions
Echinacea	200-400mg/x2-3/ day	Helps stimulate the immune system and fight cold and flu	In order to prevent overstimulation of the immune system, dosage should be cycled in 2 week intervals fol-lowed by several days off
Garlic	600-1200mg/day	Prevents cardiovascular dis-eases by lowering cho- lester-ol levels and blood pressure	May cause gastrointestinal distress when used in excess
Grape Seed Extract	25-300mg/day	Improves circulation, protects capillaries and connective tis-sue, antioxi- dant properties	Considered safe however those on anticoagu- lant therapy should not use. And be cautious about blood thinning effects.
Green Tea	50-300mg/day	Protects against digestive and respiratory infections; antioxi-dant properties	Due to caffeine content, over usage may cause dehydration and ner-vousness
Guarana	50-250mg/day, divided dosage	Works as diuretic and anti-fa-tigue	Over usage can cause nervousness and dehy- dration, caffeine-based herbs can also reduce the absorp-tion of creatine
Licorice root	200-500mg/day	Treats GI ulcers, adrenal fa-tigue; anti- inflammatory	May alter potassium and sodium levels, may also increase blood pressure
Milk Thistle	300-600mg/day	Heals and protects liver against harmful agents	Should be used under medical su-pervision
St John's Wort	300-900mg/day	Helps reduce nervousness, depression, and anxiety	Should be used under medical su-pervision for severe depression
Saw Palmetto	120-220mg/day	Helps maintain healthy pros-tate and reduce inflammation	Seek medical advice when treating prostate problems
Tribulus Ter-restris	250-500mg/-2-3xday	Used for impotency and an-ti-aging	Be sure to use in accordance to product label
Valerian Root	100-300mg prior to bed time	Used for sleep and reduc- tion of nervous tension	Over usage may cause withdrawal symptoms, only used before bed time
White Willow Bark	500-1500mg/day	Helps reduce pain and inflam-mation	Seek medical advice when injured

FOR INFORMATION PURPOSES ONLY;
The use of herbs should be taken with caution, although many herbs are used on a daily basis for health benefits, some herbs are used on a short-term basis. Consult your health practitioner before supplementing with ergogenic aids.

NATURAL HERBS & ERGOGENIC GUIDE PT2

- Foundational sports supplements help get the gears moving
- The majority of your supplementation should revolve around post workout. This dictates how well and quickly you will recover, which directly impacts your next days' performance.
- Scientific studies continue to show that many sport supplements do improve performance and recovery. Sports supplements when complemented with an effective meal plan will provide higher performance nutrition. Be sure to choose high quality and professional/pharmaceutical grade.

A LIST OF WHAT IS MOST COMMONLY USED TODAY TO BOOST YOUR PERFORMANCE

PROTEIN SUPPLEMENTS	VITAMIN AND MINERAL SUPPLEMENTS	ESSENTIAL FATTY ACIDS SUPPLEMENT
Whey protein isolate	Multivitamins	EPA & DHA
Sustained released	Antioxidant	Omega 3-6-9
Whey blends	Vitamin B complex	Coconut oil
Egg protein	Calcium	Flax oil
Meal replacement	Magnesium	Cod liver oil
Weight gainers	Vitamin C	Evening primrose
Soy protein	Iron	Krill oil

IMPROVE COGNITIVE FUNCTION

Did you know that inadequate consumption of water can exponentially reduce your reaction time?
Did you know that increased consumption of barley can significantly reduce your cholesterol levels?
Did you know that Essential Fatty Acids assist with cell regeneration, and reduces risk of heart disease?

YOU SHOULD KNOW

Although most of the nutrients consumed, are absorbed by our body, and approximately 10 percent are diminished, the absence of one or more nutrients will reduce the utilization of other nutrients needed, negatively affecting mental and physical performance.

MICRO NUTRIENT RATIO FOR ACTIVITY LEVEL:		
SUPPLEMENT	BEGINNER TO INTERMEDIATE	INTERMEDIATE TO ADVANCED
Vitamin A	5,000IU	25,000IU
Vitamin B1 (thiamin)	30mg	300mg
Vitamin B2 (riboflavin)	30mg	300mg
Vitamin B3 (niacin)	40mg	80mg
Vitamin B5 (pantothenic acid)	20mg	100mg
Vitamin B6 (pyridoxine)	20mg	100mg
Vitamin B12 (cobalamin)	12mcg	200mcg
Beta Carotene (vitamin A)	15,000IU	80,000IU
Biotin	125mcg	300mcg
Folate	400mcg	1200mcg
Vitamin C	800mg	3000mg
Vitamin D	400IU	1,000IU
Vitamin E	200IU	1,000IU
Vitamin K	80mcg	180mcg
Boron	6mg	12mg
Calcium	1,200mg	2,600mg
Chromium	200mcg	600mcg
Copper	3mg	6mg
Iodine	200mcg	400mcg
Iron	25mg	60mg
Magnesium	400mg	800mg
Manganese	15mg	45mg
Molybdenum	100mcg	300mcg
Phosphorus	800mg	1,600mg
Potassium	2,500mg	4,000mg
Selenium	100mcg	300mcg
Zinc	15mg	60mg
L-arginine	2,000mg	5,000mg
L-glutamine	3,000mg	8,000mg
L-ornithine	2000mg	5,000mg
Alpha-linolenic	1000mg	2,000mg
Docosahexaenoic acid (DHA)	300mg	1,200mg
Eicosapentaenoic acid (EPA)	300mg	1,200mg
Gamma linolenic acid (GLA)	400mg	800mg

MICRO -NUTRIENT RATIOS

BEGINNER TO INTERMEDIATE: Active 1-3X per week
INTERMEDIATE TO ADVANCED: Active 4-6X per week

This daily performance profile for vitamin and minerals is geared towards physically active and healthy adults. This profile will be attained from your meal plan and dietary supplements.
*Consult your doctor if you have special nutritional requirements.

ALL FOODS ARE NOT CREATED EQUAL:

UNDERSTANDING FOOD LABELS

While reading food labels, remember there are many ways in which manufacturers can identify fats and sugars; for example:

FATS	SUGARS
Oils	Fructose
Lecithin	Lactose
Triglycerides	Maltose
Hydrogenated Vegetable Shortening	Dextrose
Palm Kernel Oil	Sucrose
Lard	Corn Syrup

HEALTHY POINTERS TO GUIDE YOU

VEGETABLES	Do not select those that are bruised, but those that are firm, dark leafy, and bright in colour.
POULTRY	Avoid poultry that show signs of drying and discolouration. Select poultry that are young, moist, lean, white meat, as the dark holds a higher fat content. Do not select ground turkey or chicken unless it is “ground breast.”
DAIRY	Choose low fat, or fat free dairy products. 1% or skim is best. Do not use whole fat cheese, but low-fat cheese such as part-skimmed mozzarella, or ricotta cheese.
GRAINS	It is important to choose whole grains such as quinoa, brown rice or barley oats which are higher in essential minerals such as calcium and iron and high in dietary fibres.

SAMPLE GROCERY LIST

PROTEIN SOURCES

Turkey Breast
Chicken Breast
Egg Whites
Whole Eggs
Steak Flank
Salmon Fillet
Bread

CARBOHYDRATE SOURCES

Sweet Potato
Parboil Brown Rice
Quinoa
Kasha
Red Kidney Beans
Green Beans
Green Peas
Lima Beans
Sweet Yam
Bread

FAT SOURCES

Grape Seed Oil
Extra Virgin Olive Oil
Flaxseed Oil
Pumpkin Seed Oil
Macadamia Nut Oil
Borage Seed Oil
Coconut Oil (Filtered)

FRUIT & VEGETABLE SOURCES

Bananas
Pineapples
Celery
Mixed Berries
Baby Spinach
Brussels Sprouts
Sweet Peppers
Zucchini Squash
Grapefruit
Spinach
Oranges
Kale

NUTS & SEEDS SELECTION

Almonds (unsalted)
Cashews (unsalted)
Hemp Seeds
Chia Seeds
Brazil Nuts
Alfalfa Seeds
Macadamia nuts
Sunflower Seeds
Hazelnuts
Flax Seeds
Pumpkin Seeds

* May be transferable as a fat, protein & carbohydrate source based on your nutritional profile

SMOOTHIE MENU

5 MINUTE PERFORMANCE SHAKES
ALL SMOOTHIES ARE TO BE MIXED IN WATER (300ML) UNLESS OTHERWISE INDICATED.

TROPICAL PUNCH

½ cup diced cantaloupe
½ cup frozen mango
½ cup pineapple
1 medium banana

ALKALINE BOOST

1 medium Green apple
1 whole Kiwi
1/3 tsp chlorella
1/3 tsp spirulina
½ cup baby spinach
1 cup kale

BERRY BLAST

½ cup mixed berries
½ cup raspberries
½ cup strawberries
½ banana

DAILY DETOX

2 medium beets
1 diced green apple
½ bunch of parsley
2 large celery sticks

REGENERATE

3 medium peeled oranges
1 whole lemon
1 tsp grated ginger
1 tsp grated ginseng

MORNING BOOST

17oz coconut water (no added sugar)
1 cup of frozen pineapple
1 banana

SAMPLE MEAL PLAN STRUCTURE

Time	Meals	Snacks/Salads
7:00 am	½ cup Oatmeal (cooked) 1 cup Egg Whites 1 medium Orange 1 small black cup of Coffee	
9:30 am		3 Tbsp Almonds 1 cup Pineapple (chopped) or smoothie
12:00 pm	½ cup Brown Rice 3.5 oz Steak (flank) ½ cup Brussels Sprouts 1 cup of Spinach	
2:30 pm		½ cup Raspberries 1 cup kale 2 Tbsp. light Balsamic Vinegar Dressing
5:00 pm	1 medium baked Sweet Potato 3.5 oz Sockeye Salmon 1 Tbsp Chia Seeds 3 Tbsp Alfalfa seeds	
7:30 pm		3.5 oz Chicken Breast ½ cup Broccoli ½ cup Green Peas 3 Tbsp Pumpkin Seeds
Last meal 2 hours before bedtime: light snack or salad		

TRACKING YOUR FOODS

List your meals and snacks on a typical day	Notes: include symptoms after consuming each meal (e.g. Bloating, fatigue, etc)
MEAL 1	
MEAL 2	
MEAL 3	
MEAL 4	
MEAL 5	
MEAL 6	

BASICS IN PHYSICAL EXERCISE 101

- Reduce body fat.
- Lower risks of diseases, such as osteoporosis, diabetes, atherosclerosis, coronary, and other cardiovascular diseases.
- Increase muscular and skeletal strength.
- Improve heart health and efficiency.
- Improve joint stability.
- Postural correction.
- Improve anaerobic and aerobic capacity.
- Improve core strength and balance.
- Improve neuromuscular coordination.
- Increase muscle size and endurance
- Improve motor unit recruitment.
- Reduce stress.
- Increase mental focus.
- Improve endocrine system functions.
- Increase muscle density and neuromuscular efficiency.

TRADITIONAL COMPONENTS OF AN EFFICIENT FITNESS PROGRAM

THE TWO SUB CATEGORIES THAT WILL DETERMINE HOW YOUR PROGRAM STRUCTURE AND PROGRESS IN PHYSICAL ACTIVITY

A) PRIMARY COMPONENTS

B) SECONDARY COMPONENTS

Training programs will work for you because each manual will be specifically designed to accommodate your level of training while progressing toward your goal. We will...

- Improve your ability to perform all of your daily activities by building your foundation
- Improve your body composition by determining the balance of your training for muscle gains and fat loss
- Improve your ability to progress your training by addressing the factors affecting strength: anatomical, biochemical and external
- Improve your cardiovascular output, through specific aerobic strength and endurance training
- Improve your absolute strength through specific anaerobic strength and endurance training
- Improve your ability to activate stabilizers, prime movers and synergists muscle groups through various forms of integrated programs

Research shows a direct correlation between individuals who are not involved in physical activities or lead a sedentary lifestyle and the increased risk potential of diseases, poor physical health and mental health.

PRIMARY COMPONENTS:

Strength
Flexibility
Cardio-respiratory endurance (lung and heart efficiency)
Body Composition

SECONDARY COMPONENTS:

ENDURANCE:
STRENGTH: This identifies your ability to maintain output with continuous repetitions without fatigue.
SPEED: specifically addresses your ability to contract your muscles while performing at maximum intensity.
ISO-MUSCULAR: isolates a particular muscle group for sustained sub-maximum force.

BALANCE
DYNAMIC: Ability to maintain your centre of gravity while being mobile in exercise.
STATIC: Ability to maintain your centre of gravity, in one position.

AGILITY
This will incorporate both dynamic and static balance, and also various forms of strength such as starting, limited, and explosive strength while moving in formations that requires you to be agile.

COORDINATION
Ability to recruit and coordinate various muscle groups to produce controlled movements whether in exercise of daily activities.

FOCUS
Maintaining mental focus while training is paramount to all other. Your mind controls your lifts, strength, movements, and contrib- utes to the safety of your training.

POWER
The ability to combine explosive strength and starting strength in one or a series of movements.

RANGE OF MOTION

Common in most individuals in lack of ROM. This is the ability to fully contract your muscles.

BUILDING YOUR PRIMARY AND SECONDARY COMPONENTS

TRAINING VARIATIONS

AEROBIC TRAINING

THIS FORM OF TRAINING REQUIRES THE USE OF OXYGEN IN ORDER TO FUEL THE ENERGY SYSTEM.

Building aerobic endurance is important for adequate lung and heart efficiency which will directly enhance your performance in the gym and outside during daily activities.

Your training program will incorporate routines that will not only strength your endurance, but improve on the potential factors that may limit your aerobic performance

Our aerobic training programs will improve your:

- VO2 Max
- Heart Rate
- Stroke Volume
- Cardiovascular Function
- Cardio-respiratory Function

AEROBIC TRAINING

THIS TYPE OF TRAINING DOES NOT REQUIRE THE USE OF OXYGEN TO FUEL THE BODY.

Your anaerobic strength relies heavily upon muscular endurance, and muscular force which is enhanced when emphasis is put on muscular capacity through repetitions.

Your fitness program will also incorporate routines that will build both speed and max strength. This will enhance your explosive strength and power.

The form of training incorporates training that does not tap into aerobic energy pathways, and helps develop your ability to perform under severe oxygen deficit.

*This form of training divided into two types.

*Training that relies on limit strength and maximum force output

*Training that involves speed strength and maintenance of maximum speed over varied timed intervals

TRAINING TERMINOLOGIES YOU SHOULD KNOW

AGONIST	AKA: Prime movers, a muscle group that is responsible contracting and mobility of body parts.
ANTAGONIST	Any muscle that counteracts the prime movers, by lengthening in opposition to contracting.
ABSOLUTE STRENGTH	Strength training that incorporates lifts above 80 percent of your one rep max, without the use of ergo- genic aids; dietary supplements or drugs.
CONTRACTION	Eccentric contraction: movement of lowering a weight in a controlled move-ment Concentric contrac- tion: movement of lifting a weight in a controlled movement. Static contraction: aka; Isometric, holding a weight in one position for a peri-od of time.
CIRCUIT TRAINING	Training sequence used to develop both aerobic and anaerobic perfor-mance. Typically, will include a minimum of 10 exercises and a maximum of 20 exercises, with short rest intervals, which will target all muscle groups in that particular session.
COOL DOWN	Occurs at the end of your workout which enables you to return to resting heart rate, and prevents blood pooling. E.g. static stretching, light jog.
WARM UP	Critical prior to performing exercise as it prepares the muscle groups, lungs, heart joints and mind for strenuous training.
FORCE REPETITIONS	Assisting the muscles to continue contracting for additional repetitions, when it can no longer do so on its own; ideal with a spotter.
HEART RATE	The amount of times your heart beats per minute MAXIMUM HEART RATE (HRmax): formulates to (220-age) =your HRmax.
HYPERTROPHY	Increase in muscle cell and gross muscle mass through specific weight training loads and stress.
INTENSITY	The level of difficulty of a particular workout or workout schedule, it may also include factors such as: adding repetitions, mental focus, decreased rest periods between sets, speed of movement, adding weights, amount of exercises per set.
VO2 MAX	The amount of oxygen utilized per kilogram of bodyweight in one minute. Your fitness facility may be equipped with the adequate testing instruments.
REPETITION	A complete and controlled movement of one exercise. *Partial reps: without going to full range of muscle contraction.
SETS	This is a fixed number of repetitions to be completed in exercise. See Iamironclad.com fo0r more on set variation.
SPLIT TRAINING	This proposes splitting a particular muscle group in one or more training days; this type of training maximizes development and minimizes chances of over training or under training. E.g. upper back-morning/Monday, lower back- evening/Wednesday
TRAINING EFFECT	An increase in muscle and connective tissue function due to increased stress and load.
REST INTERVALS	The amount of time between each individual set, allowing for partial recovery.
TRAINING TEMPO	Refers to the speed of which the exercise is completed. Example: (2-0-2-0) = 2 represents start of the movement (concentric con-traction) 0-no pause, 2 sec- onds to the bottom of the movement (eccentric contraction), 0- no pause, continue into the next rep.

OUR PRESCRIPTION METHODS: TRANSPARENCY

CUSTOMIZING YOUR PROGRAM

Determining your ability to progress safely and effectively through your goals is our primary focus when building your customize workout regimen.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL6
Foundational Conditioning	Muscle Activation Hypertrophy	Building Strength Training	Weight Mgmt. Fat Loss	Toning & Sculpting	Athletic Peak Performance
Mind-Muscle Link	Deplete Muscle Glycogen Store	Motor Unit Recruitment	Aerobic Capacity	Subcutaneous Fat	Muscular Super-Compensation
Neuromuscular Coordination	Tax ATP & CP Stores	Neuromuscular Efficiency	Muscle Endurance	Muscle Retention	Functional Training
Balance & Core Strength	Increase Muscle Size	Muscle Density	Advance Core Stability	Muscle Definition	Athlete, Advanced Training
Muscular Imbalances	Plyometric	Increase Testosterone Level	Body-Fat Ratio	Specialized	Plyometric

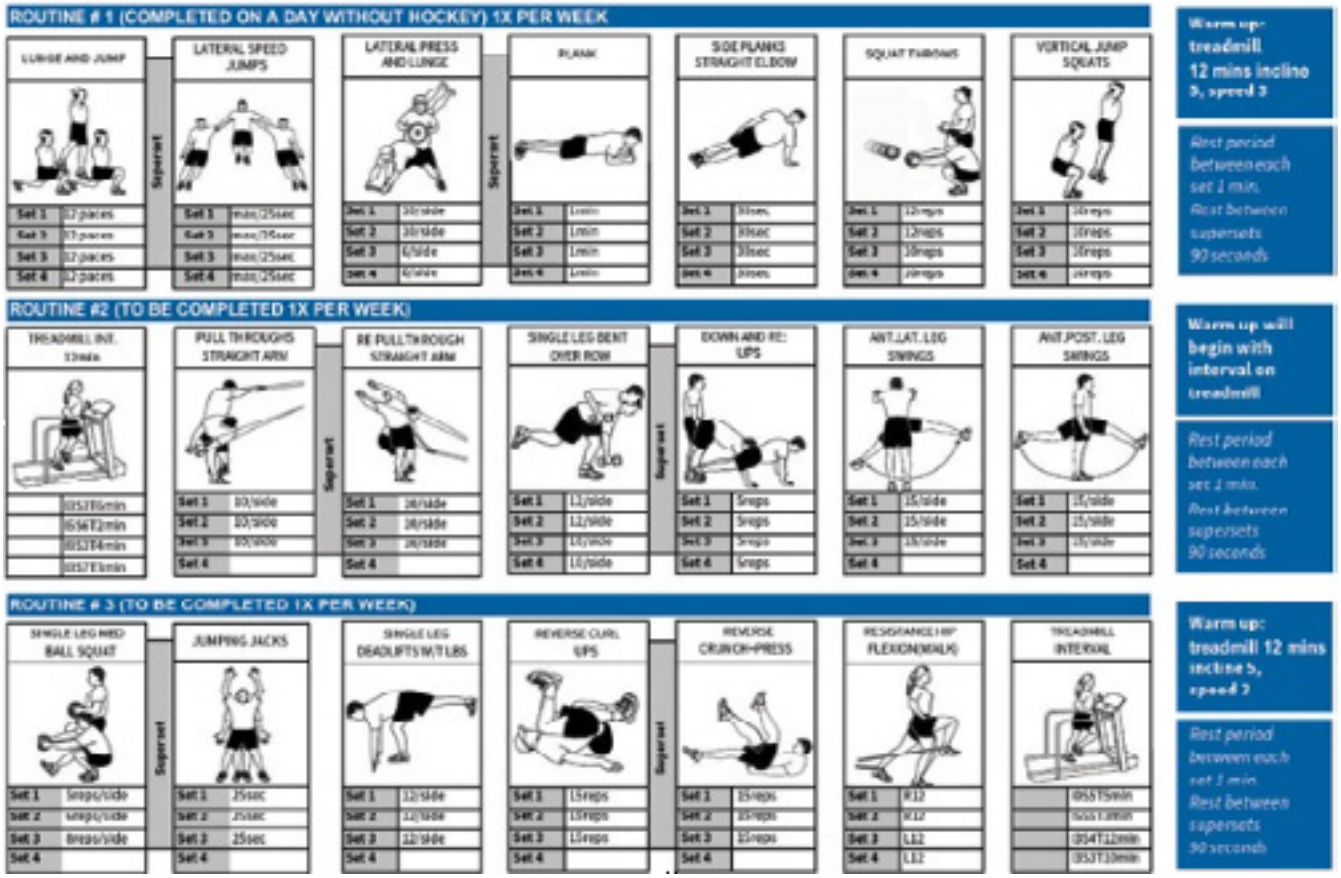
SAMPLE FITNESS PROGRAM

LEVEL 1

	TIME	VARIATION
PRE-STRENGTH TRAINING: CHOOSE ANY 2 VARIATIONS	6 min.	CUSTOM
	10 min.	TREADMILL: SPEED 5, INCLINE 9
	6 min.	STAIR MASTER: LEVEL 2

DAY 1							
EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	RESTING INTERVALS
Walking Lunges	WARM UP SET						2 min.
Jump Squats	WARM UP SET						2 min.
Over Hand Pull Ups	WARM UP SET						1 min.
Close Grip Lat Pull Downs	WARM UP SET						2 min.
Dumbell Rows	WARM UP SET						2 min.
DAY 2							
Push Ups	WARM UP SET						2 min.
Bench Dips	WARM UP SET						2 min.
Incline Chest Press	WARM UP SET						2 min.
Swiss Ball Push Ups	WARM UP SET						2 min.
Decline Chest Press	WARM UP SET						2 min.
DAY 3							
Hanging Leg Raises	WARM UP SET						2 min.
Lying Hip Raises	WARM UP SET						2 min.
Alternating Leg Raises	WARM UP SET						2 min.
Rolling Plank	WARM UP SET						2 min.
Full Sit Up	WARM UP SET						2 min.

SAMPLE PROGRAM



SCHEDULING YOUR WORKOUTS

DAYS	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
TRAINING TYPE	Aerobic strength training	Aerobic/ Cardior-spiratory	REST	Aerobic + Anaero-bic	Aerobic	REST	REST
DURATION	50 min.	40 min.		75 min.	40 min.		

OUR FITNESS CONSULTANTS WILL EDUCATE YOU ON HOW TO SAFELY USE ALL EX-ERCISE EQUIPMENT PROPERLY AND SAFELY.

THE GLYCEMIC INDEX & HOW IT AFFECTS YOUR PERFORMANCE

Glycemic index and glycemic load relate to how the foods you eat affect your blood sugar and insulin levels. The lower the glycemic index or glycemic load, the lesser the impact on blood sugar and insulin levels.
Here are some common foods to compare:

FOOD	GLYCEMIC INDEX (GLCOSE=100)	SERVING SIZE (GRAMS)	GLYCEMIC LOAD PER SERVING
BAKERY PRODUCTS & BREADS 			
Banana Cake, Made With Sugar	47	60	14
Banana Cake, Made Without Sugar	55	60	12
Sponge Cake, Plain	46	63	17
Apple, Made With Sugar	44	60	13
Apple, Made Without Sugar	48	60	9
Bagel, White, Frozen	72	70	25
Baguette, White, Plain	95	30	15
Coarse Barley Bread, 75-80% Kernels, Average	34	30	7
Hamburger Bun	61	30	9
Kaiser Roll	73	30	12
Pumpernickel Bread	56	30	7
50% Cracked Wheat Kernel Bread	58	30	12
White Wheat Flour Bread	71	30	10
Wonder™ Bread, Average	73	30	10
Whole Wheat Bread, Average	71	30	9
100% Whole Grain™ Bread (Natural Ovens)	51	30	7
Pita Bread, White	68	30	10
Corn Tortilla	52	50	12
Wheat Tortilla	30	50	8

BEVERAGES

Coca Cola®, Average	63	250 mL	16
Fanta®, Orange Soft Drink	68	250 mL	23
Lucozade®, Original (Sparkling Glucose Drink)	95±10	250 mL	40
Apple Juice, Unsweetened, Average	44	250 mL	30
Cranberry Juice Cocktail (Ocean Spray®)	68	250 mL	24
Gatorade	78	250 mL	12
Orange Juice, Unsweetened	50	250 mL	12
Tomato Juice, Canned	38	250 mL	4

BREAKFAST CEREALS & RELATED PRODUCTS

All-Bran™, Average	55	30	12
Coco Pops™, average	77	30	20
Cornflakes™, average	93	30	23
Cream of Wheat™ (Nabisco)	66	250	17
Cream of Wheat™, Instant (Nabisco)	74	250	22
Grapenuts™, average	75	30	16
Muesli, average	66	30	16
Oatmeal, average	55	250	13
Instant oatmeal, average	83	250	30
Puffed wheat, average	80	30	17
Raisin Bran™ (Kellogg's)	61	30	12
Special K™ (Kellogg's)	69	30	14

GRAINS

Pearled barley, average	28	150	12
Sweet corn on the cob, average	60	150	20
Couscous, average	65	150	9
Quinoa	53	150	13
White rice, average	89	150	43
Quick cooking white basmati	67	150	28
Brown rice, average	50	150	16
Whole wheat kernels, average	30	50	11
Bulgur, average	48	150	12

COOKIES & CRACKERS

Graham crackers	74	25	14
Rice cakes, average	82	25	17
Rye crisps, average	64	25	11

DAIRY PRODUCTS & ALTERNATIVES

Ice cream, regular	57	50	6
Ice cream, premium	38	50	3
Milk, full fat	41	250mL	5
Milk, skim	32	250mL	4
Reduced-fat yogurt with fruit, average	33	200	11

FRUIT

Apple, average	39	120	6
Banana, ripe	62	120	16
Dates, dried	42	60	18
Grapefruit	25	120	3
Grapes, average	59	120	11
Orange, average	40	120	4
Peach, average	42	120	5
Peach, canned in light syrup	40	120	5
Pear, average	38	120	4
Pear, canned in pear juice	43	120	5
Prunes, pitted	29	60	10
Raisins	64	60	28
Watermelon	33	120	4

BEANS & NUTS

Baked beans, average	40	150	6
Blackeye peas, average	33	150	10
Black beans	30	150	7
Chickpeas, average	10	150	3
Chickpeas, canned in brine	38	150	9
Navy beans, average	31	150	9
Kidney beans, average	29	150	7
Lentils, average	29	150	5
Soy beans, average	15	150	1
Cashews, salted	27	50	3
Peanuts, average	7	50	0

PASTA & NOODLES

Fettuccine, average	32	180	15
Macaroni, average	47	180	23
Spaghetti, white, boiled, average	46	180	22
Spaghetti, white, boiled 20 min, average	58	180	26
Spaghetti, wholemeal, boiled, average	42	180	17

SNACK FOODS

Corn chips, plain, salted, average	42	50	11
Microwave popcorn, plain, average	55	20	6
Potato chips, average	51	50	12
Pretzels, oven-baked	83	30	16

VEGETABLES

Green peas, average	51	80	4
Carrots, average	35	80	2
Parsnips	52	80	4
Baked russet potato, average	111	150	33
Boiled white potato, average	82	150	21
Instant mashed potato, average	87	150	17
Sweet potato, average	70	150	22
Yam, average	54	150	20

MISCELLANEOUS

Hummus (chickpea salad dip)	6	30	0
Pizza, plain baked dough, served with Parmesan cheese and tomato sauce	80	100	22
Honey, average	61	25	12

FOOD WEIGHT AND MEASUREMENT GUIDE

DRY VOLUME		LIQUID VOLUME			WEIGHT		DRY MEASURE EQUIVALENT			
US	Metric	US		Metric	US	Metric	US			Metric
1/8 tsp	1/2 mL	2 Tbsp	1 fl oz	30 mL	0.5 oz	15 g	3 tsp	1 Tbsp	0.5 oz	14.3 g
1/4 tsp	1 mL	1/4 cup	1 fl oz	60 mL	1 oz	30 g	2 Tbsp	1/8 cup	1 oz	28.3 g
1/2 tsp	2 mL	1/2 cup	2 fl oz	125 mL	3 oz	85 g	4 Tbsp	1/4 cup	2 oz	56.7 g
3/4 tsp	4 mL	1 cup	4 fl oz	250 mL	3.75 oz	100 g	5 1/3 Tbsp	1/3 cup	2.6 oz	75.6 g
1 tsp	5 mL	1 1/2 cup	8 fl oz	375 mL	4 oz	225 g	8 Tbsp	1/2 cup	4 oz	113.4 g
1 Tbsp	15 mL	2 cups/1 pint	12 fl oz	500 mL	8 oz	340 g	12 Tbsp	3/4 cup	6 oz	170 g
1/4 cup	59 mL	4 cups/1 quart	16 fl oz	1 L	12 oz	450 g	32 Tbsp	2 cups	16 oz	454 g
1/3 cup	79 mL	1 gal-lon	32 fl oz	4 L	16 oz/1 lb					
1/2 cup	118 mL		128 fl oz							
2/3 cup	158 mL									
3/4 cup	177 mL									
1 cup	225 mL									
2 cups/1 pint	450 mL									
3 cups	675 mL									
4 cups/1 quart	1 L									
1/2 gal-lon	2 L									
1 gallon	4 L									

COOKING

THE HEALTHY WAY	DO NOT
Remove visible fat from meats prior to cooking	Do not choose cuts that are fatty when selecting meats and poultry
If ingredients require more moisture; add wine, lemon juice or water	Do not add oil, butter or lard
Racks are best for draining excess fats in meats or poultry Pan grill is also an effective way to reduce oil needed for cooking to prevent sticking while de-fatting your meats and poultry	Do not pan fry or deep fry or bake with additional oils.
Stir-fry in stock Consider steaming for maintaining nutrient concentration	Do not stir-fry in oil
Hot smoking your meats, fish, and poultry on a wok rack is another way to prepare your meals quickly and healthily	Do not prepare on grill without using grease separator
You can also broil your meals, this method is excellent for trapping flavours inside, it's a great way to brown food	Do not burn or brown using charcoal.

Preserving the vitamin and minerals in your foods is very important.
Cooking at high temperatures deteriorates the vitamins in your food. Steam your vegetables in little water as possible to preserve their nutritional value. Make sure they are harvested at full ripeness, as this is when they are at the height of vitamin concentration. Avoid purchasing premature produce.
Frozen fruits or produce is also an excellent way to preserve the vitamin content. Be sure to store all of your fruits and produce in cool, dark and dry areas, as heat denatures and accelerates degradation in vitamin C, riboflavin (B2) and other water-soluble vitamins.

HOW TO EAT OUT: RESTAURANT & FAST FOOD

DOS AND DON'TS FOR EATING OUTSIDE OF YOUR PROGRAM

☐ Skip soups and breads, go for the salads first, do not choose soups that use cream as they are higher in fats
☐ Avoid vegetables that are dressed like coleslaw, as they normally contain high fat, high sodium ingredients
☐ Select grilled, baked or broiled white meats such as fish, poultry as they are lower in fat
☐ Pick fruit or low-fat yogurts for desert, frozen yogurts and ice creams are going to be very high in fat and sugars, which will only give you empty calories.
☐ Do not choose fruit pies or cobblers as they tend to use unhealthy vegetable shortening oils and sugars in the crust
☐ Instead of fries, choose baked potato
☐ Whenever you are ordering your salad, get the dressing on the side, in order to control your portions
☐ Do not choose salads that contain shredded cheese, croutons or "special dressings"
☐ If the dish is deep fried or battered; includes thick sauces or sweet and sour sauce, avoid them

KEEPING A HANDLE ON YOUR PORTION SIZES

Being able to estimate your serving sizes when measuring apparatus is unavailable can be very useful; here are some easy to remember tips:

2 Hands Cupped	1 cup of Cold Cereal, Soup or Salad
The Palm of Your Hand, or a Deck of Cards	3O Z Cooked Meat, Fish Fillet, Chicken Breast
1 Hand Cupped	½ cup of Pasta, Rice, Hot Cereal, Fruit Salad or 1 oz of Nuts
1 Fist	1 cup of Mashed Potatoes or 8oz of Fluid
A Tennis Ball	1 medium Fruit
The Tip of Your Thumb	1 tsp of Peanut Butter
The Tips of Both Thumbs	1 Tbsp of Peanut Butter, Salad Dressing or Dip
4 Dice	1 oz of Cheese

INJURY RECOVERY

RICE therapy stands for REST, ICE, COMPRESSION and ELEVATION. It is considered an emergency home treatment for most muscle, tendon strains, sprains, ligaments, suspected fractures, joint inflammation and bruises.

REST

You must avoid further or additional damage to the injured area so stop exercising immediately.

ICE

The idea is to stop swelling of the injured area, so you must decrease the blood flow to that area which is done be applying ice directly to the skin for 15 to 20 minutes. This process should be maintained for 1 to 72 hours.

COMPRESSION

Wrap a bandage or towel firmly around the ice of the injured area. This will limit swelling and decreases the chance of a hemorrhage.

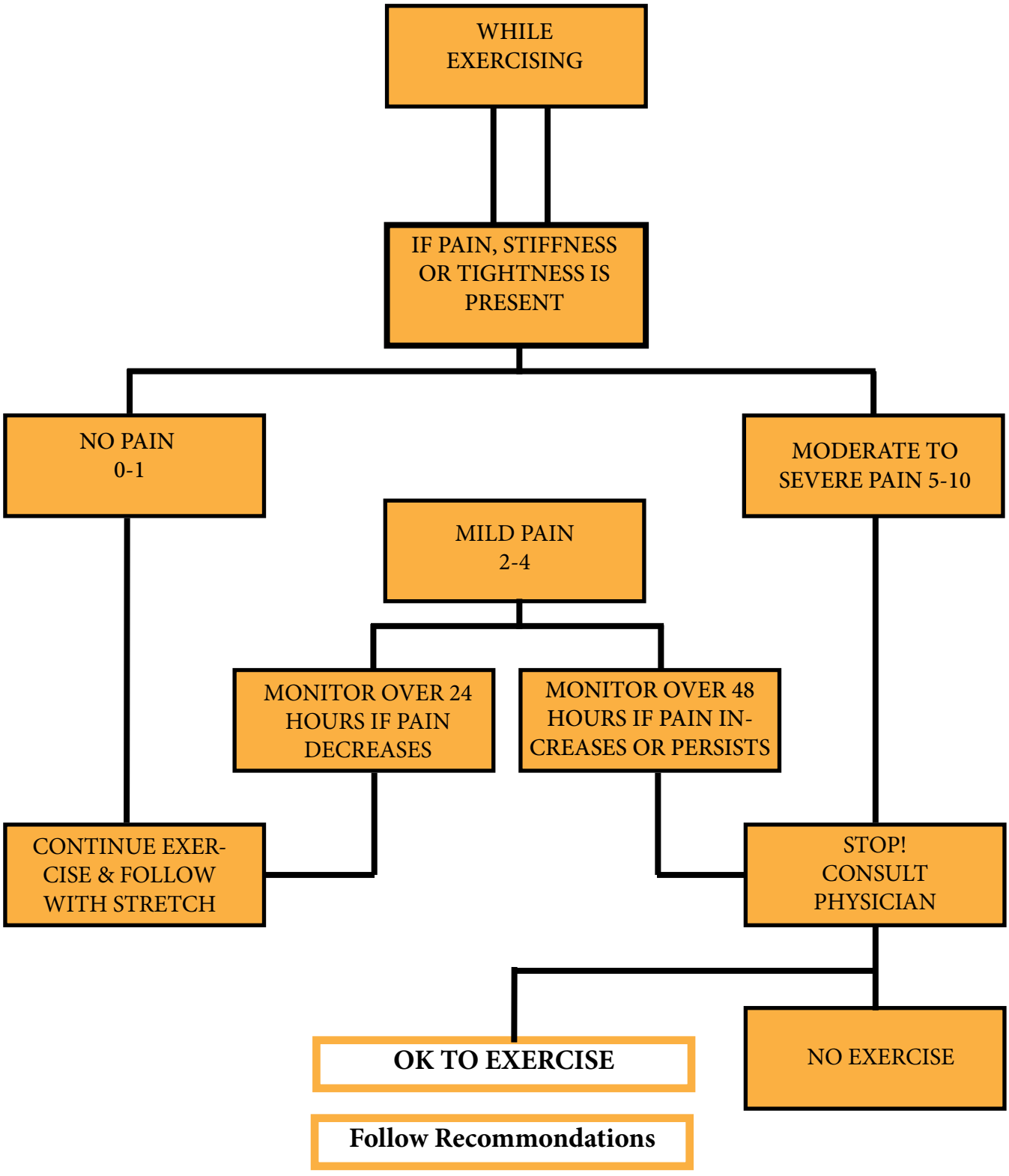
ELEVATION

There are many benefits to elevation such as; to drain excess fluid through the help of gravity, improve the venous bleeding and swelling and to raise the injured area or limb above the level of the heart.
It is recommended that you begin home treatment as soon as possible.

HERE ARE SOME GUIDELINES TO FOLLOW

- You must elevate the injured area—safely
- The application of ice for approximately 20 minutes Compress the ice against the injured area
- Use a compress wrap to replace the ice
- Be sure to get plenty of rest for the injured area Re-apply the ice in 1 to 2 hours
- Elevate the area prior to going to bed. Remove the compress wrap Start RICE therapy once again immediately in the morning
- Following the fourth or fifth day of treatment, start the process of applying a moist heat or dry heat; this can be achieved with the use of a whirlpool twice a day for 15 to 25 minutes at a time. You may begin exercise four days after treatment if healing is evident.

ASSESSING YOUR PAIN TOLERANCE & SAFETY DURING EXERCISE



PERSONAL WORKOUT LOG

WEEK:

DAY NUMBER

Set 1		Set 1		Set 1		Set 1		Set 1	
Set 2		Set 2		Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3	
Set 4		Set 4		Set 4		Set 4		Set 4	

DAY NUMBER

Set 1		Set 1		Set 1		Set 1		Set 1	
Set 2		Set 2		Set 2		Set 2		Set 2	
Set 3		Set 3		Set 3		Set 3		Set 3	
Set 4		Set 4		Set 4		Set 4		Set 4	

NOTES:

WARM-UP, PLYO'S OR CARDIOVASCULAR CYCLE

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
1)					
2)					
3)					
4)					
5)					

List the type of cardiovascular activity and outline your progress using phases.
i.e. 1) Spin bike-phase 1: level 5 @ 4 mins, phase 2: level 8 @10 mins.

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DAY NUMBER									
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TRACKING YOUR FOODS

List your meals and snacks on a typical day	Notes: include symptoms after consuming each meal (e.g. Bloating, fatigue, etc)
MEAL 1	
MEAL 2	
MEAL 3	
MEAL 4	
MEAL 5	
MEAL 6	

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MEAL 1	
MEAL 2	
MEAL 3	
MEAL 4	
MEAL 5	
MEAL 6	

YOUR SELECTED PACKAGE

	ESSENTIAL PROGRAM			OPTIMAL PROGRAM			THAI YOGA FLEXIBILITY (IN-HOME)		
DURATION	45 MINUTES			60 MINUTES			30 MINUTES		
PROGRAM FOCUS	Client Specific			Client Specific			Client Specific		
FREQUENCY OF TRAINING	2X/ WEEK+ SOLO			3X WEEK+SOLO			2x/week		
PROGRAM LENGTH	3M	6M	12M	3M	6M	12M	3M	6M	12M
STRETCH THERAPY (applies to per session basis only)	_			15 Minutes					
NUTRITION PLAN	2 WEEKS			5 WEEKS			_		
TAKE HOME FLEXIBILITY & MOBILITY PROGRAMS	_			✓			✓		
SOLO EXERCISE PROGRAMS	_			✓			✓		
FITNESS MANUAL	_			✓			_		
BASE PRICE PER SESSION									
STARTER PACKAGE	8 SESSIONS COMPLETED IN 30 DAYS			8 SESSIONS COMPLETED IN 30 DAYS			8 SESSIONS COMPLETED IN 30 DAYS		
TOTAL PROGRAM SESSIONS	24	48	105	36	72	144	24	48	105
PROGRAM COST + applicable taxes									
PAYMENT PLAN	1st 10 sessions			1st 10 sessions			1st 10 sessions		
BIWEEKLY PAYMENTS	UPON CONSULTATION			UPON CONSULTATION			UPON CONSULTATION		

FITNESS

GYM

THEFITNESSGYM.COM