



BWS ***PROGRAMS***

FAQs

INTRODUCTION

MOST COMMON FAQ'S

Am I supposed to “eat back” my calories burned every day?	04
Can I get a form check and/or body fat estimation?!.....	04
I just purchased the Beginner Program and I cannot find where it lists arm isolation exercises. Is this an oversight?.....	05
Should I weigh my food uncooked/raw or cooked?	06

SPREADSHEET FAQ

Are the calories that I am supposed to eat for the day ‘Total Calories’ or ‘Net Calories.’	07
Why does my spreadsheet keep lowering/raising my daily calorie intake?	07
When am I supposed to enter my weight and calories into Table 3 of my Nutrition Spreadsheet?	08
If I am going out of town, forget to log my weight/calories and or I have a massive cheat day and go well over my daily calories should I leave those days blank in my spreadsheet?.....	08
How do you know when it is time to move from the Shred Program to the Build and vice versa?	08
The spreadsheet’s recommendation for calories seems really low.....	09

GENERAL FAQ

Are protein shakes necessary and when is the optimal time to consume protein/food?	10
When taking creatine, is it necessary to “load” and is it recommended when utilizing the shred program?	10
I am having a hard time meeting my daily caloric goals and protein grams. What should I do?	10
I am experiencing a sharp pain when I perform a certain exercise in the program. What should I do and is there an alternative exercise that I can substitute in place of it?	11
I am having a hard time understanding what RPE means; if I should train to failure; and if I should still train if I am sore.	11
I can not progress on pull ups. Should I stop trying to perform them and or is there a suitable alternative exercise?	11

DISCLAIMER

INTRODUCTION

Whether you've just purchased a BWS program or have been using one for a while, whenever you have a question/concern about the program please consult this document. We've compiled a list of the most common questions asked by our BWS members. Chances are, most of the questions you'll come across throughout your journey are answered within this very document. **Please refrain from emailing us with a question and/or posting a question in the Private Facebook Community until you have thoroughly read through this document and are sure that your question is not answered within it!**

This will help avoid overwhelming our staff, as well as maintaining the integrity of the Facebook group such that long-time members aren't bombarded by the same questions by new members.

We hope this helps!

To your success,

Jeremy & The BWS Team

MOST COMMON FAQ'S

Q: Am I supposed to “eat back” my calories burned every day?

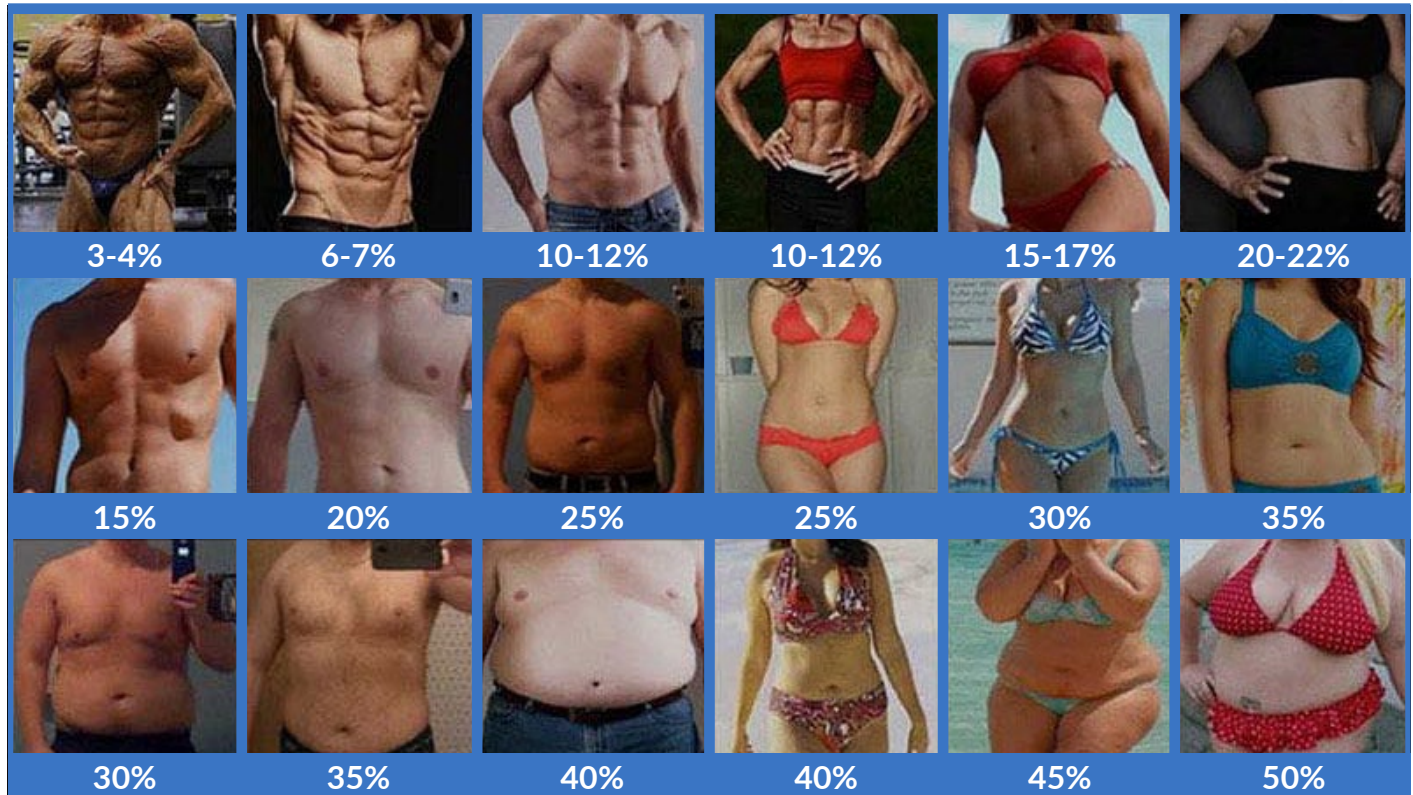
A: No, never eat your calories burned through exercise, back in. Doing so will take you out of a caloric deficit (if you are shredding) or will increase your caloric surplus (if you are bulking). Stick to the calories recommended in your spreadsheet. This is because the nutrition spreadsheet averages your calorie intake and calories burned every day, and uses your weight change to guide its recommendations. If you suddenly become more active because of a new job for example, then this will be reflected in your weight change and the nutrition spreadsheet will detect it and account for it. However, IF on one day you burn significantly more calories than you usually do (e.g. due to a sporting event, hike, or any activity not part of your “normal” routine) then we do advise that you increase your calorie intake slightly for that day. For example, intaking a few hundred calories more for that day than you usually would because you went on a big hike with some friends. Other than those special scenarios, stick to what your sheet recommends and avoid meticulously calculating and eating back calories from activity.

Q: Can I get a form check and/or body fat estimation?!

A: For form checks, please record yourself and reference the tutorials in your program as well as on our YouTube channel. Please refrain from spamming the Facebook group with form check videos.

For body fat estimations, please refer to the Nutrition section of your BWS program, specifically the chapter titled “Nutrition Tracking: How to Use Your Nutrition Spreadsheet.” Within this chapter, you will find picture examples of what various body fat percentages look like. We’ve also pasted them below. Avoid asking for a body fat estimation in the Facebook group. Refer to the reference pictures below and use them to guide you. Nailing down your exact body fat % is not important, and can be accurately estimated by just using the reference pictures provided.

MOST COMMON FAQ'S



Q: I just purchased the Beginner Program and I cannot find where it lists arm isolation exercises. Is this an oversight?

A: Please refer to Section 2: Training - Chapter 1 "Philosophy & Logic: Creating Objective Attractiveness" of your BWS Program. In this chapter you will find a detailed explanation of why there is an intentional absence of arm isolation exercises. Long story short - as a beginner you need to focus on your main, compound movements. Much of your arm growth will come from these movements. Then, as you gain experience and your volume requirements increase, is when we will slowly add in more arm volume and arm isolation exercises which is done in phase 2 of the beginner program and then further progressed in the intermediate program. This is the more effective approach to milk out as much "newbie" gains as we can from you, as opposed to overdoing it early on which can lead you to a plateau and/or too much fatigue early on.

MOST COMMON FAQ'S

Q: Should I weigh my food uncooked/raw or cooked?

A: The weight of a food (e.g. chicken breast) will change as you cook it, due to water leaving the food through cooking. Thus, for accuracy when tracking calories/macros, you should account for this by either consistently weighing your food raw (e.g. raw chicken breast before cooking) or cooked (e.g. cooked chicken breast after baking) and then matching that with the appropriate option when entering your food into your nutrition app (MyFitnessPal, Loselt, etc.) by selecting the raw or cooked version for that food. Whichever method you choose is up to you. Raw is generally more accurate, but this won't make a difference as long as you're consistent with your weighing + tracking methods

SPREADSHEET FAQ

Q: Are the calories that I am supposed to eat for the day ‘Total Calories’ or ‘Net Calories.’

A: Within your nutrition spreadsheet you will find your suggested daily calories. This is the total daily calories you should be consuming each day. Do not subtract your calories, burned through exercise, from your total daily calories and if your nutrition tracking app (My Fitness Pal, Loselt, etc.) is providing you with “Net” calories please turn that specific feature off, so as not to confuse you. Track and count all consumed calories.

Q: Why does my spreadsheet keep lowering/raising my daily calorie intake?

A: Your daily calories are initially calculated using an algorithm that factors in your height, weight, body fat, and level of activity (the prescribed lifting and cardio listed in the programs) as well as your weekly weight loss or weight gain goal listed in Table 1. Then, during the 4th week of your program, the spreadsheet will make an adjustment based on your data and continue making weekly adjustments to your calories/macros as it receives more data from you (your daily calorie intake and weigh-ins). It makes these adjustments by using your average weight change.

For example, if you’re on SHRED and not losing enough weight every week relative to your weekly goal, then the spreadsheet’s algorithm will adjust your calories lower so that you can hit your target. Conversely, if you’re losing weight too quickly relative to your weekly goal, then the spreadsheet’s algorithm will do the opposite and adjust your calories higher to slow down your weight loss. On the other hand, if you’re on BUILD and gaining weight too quickly, it will adjust by reducing your calories. Whereas if you were not gaining weight quickly enough relative to your goal, it will adjust by increasing your calories.

As you can see, it simply uses your data to adjust its recommendations for you. However, it is NOT an “end-all-be-all” tool.

SPREADSHEET FAQ

Q: When am I supposed to enter my weight and calories into Table 3 of my Nutrition Spreadsheet?

A: You should weigh yourself consistently every morning (upon waking for the day) and after using the toilet. Your calories should be entered at the end of the day and after all meals have been consumed. Your measurements are also helpful to input if you'd like to calculate your body fat and keep track of your circumference measurements to assess progress. We'd recommend taking measurements on a at least monthly basis. Please Note: The more data that the spreadsheet has the more accurate your daily/weekly TDEE will be. Please make every effort to fill in your spreadsheet daily with your weight and total daily calories consumed.

Q: If I am going out of town, forget to log my weight/calories and or I have a massive cheat day and go well over my daily calories should I leave those days blank in my spreadsheet?

A: If you are unable to track your calories and weight for more than one week, leave it blank and resume tracking once you get back. If you have a cheat day (consume significantly over your daily recommended calories), forget to weigh yourself, or you are noticeably heavier the morning following your cheat day simply leave the data fields blank for that day. The fluctuation in your weight may throw off the spreadsheet's recommendation in the short term (e.g. a week or two) but it will quickly re-adjust.

Q: How do you know when it is time to move from the Shred Program to the Build and vice versa?

A: Although each person is different and will have different aesthetic goals, generally you would move to the build program once you have reached your desired weight and or body fat goal; you would like to add muscle mass to your frame; and or your strength on your lifts have waned and you would like to become stronger. On the reverse, you may find it is time to move to the shred program after building, once you've reached your goal weight/size; and or you would like to trim body fat to reveal your muscle. Section Six of each program details the steps to take when choosing to move from one program to the next. Purchasing a separate program is not necessary.

SPREADSHEET FAQ

Q: The spreadsheet's recommendation for calories seems really low.

If the spreadsheet senses you aren't losing weight fast enough relative to your goal, it will continue slowly decreasing your calories until you do (we're inputting a floor of 1,200 calories for females and 1,500 calories for males, and generally recommend you don't go below that).

However, if your recommendation drops to a level that you're not comfortable with, then there can be a few reasons for this:

1. Ensure that your goal weight loss isn't too aggressive. Aim to lose AT MOST 0.7-1% of your bodyweight per week. A good "safe" rule of thumb that isn't too aggressive for most individuals is a goal weekly weight loss of -1lb (-0.45 kg) / week. Adjust to a less aggressive goal weight loss and your calorie recommendation should increase to a more realistic amount.
2. The spreadsheet DOES NOT account for a body recomposition. In many cases when dieting, some individuals will be able to build muscle AND lose fat at the same time. Meaning that their bodyweight will actually stay the same or just slightly decrease as they are losing fat. All that the spreadsheet will see however is that your bodyweight isn't decreasing relative to your goal, and will continue decreasing your calories as a result. To account for this, IF your strength has been increasing, you're getting leaner visually, and your waist circumference is decreasing yet your bodyweight hasn't changed much or is just very slowly decreasing, then IGNORE the spreadsheet's recommendation! Instead, stick to its initial recommendation or better yet, set your goal weekly weight loss to either "0" or a very slow rate of weight loss like "-0.5 lbs (-0.22 kgs) / week". Then, after a month or two, after you've gone through this "body recomposition" phase (that's generally how long it will last), you can revisit the goal weekly weight change and aim to either start losing weight every week to focus on leaning down or start gaining weight every week to focus on adding size.

GENERAL FAQ

Q: Are protein shakes necessary and when is the optimal time to consume protein/food?

A: Protein powder is simply a high quality protein in powder form. It is to be used as a supplement in your diet to help you hit your daily protein goals. Timing of meals and protein is not as important as simply meeting your daily caloric and macro goals. Therefore, look to consume your food when it best fits with your schedule and exercise routine. However, it's a good idea to break up your daily protein intake into around 3-4 meals per day, and ensure that you are getting in sufficient protein (>20g) around your workouts (1-2 hours pre and post).

Q: When taking creatine, is it necessary to “load” and is it recommended when utilizing the shred program?

A: Creatine is the most widely and thoroughly researched supplement on the market. Research has shown that creatine can increase muscle mass, strength and exercise performance. It is not necessary to load creatine. For simplicity, consume 5g a day everyday regardless of whether one is shredding, building or at maintenance. It will take approximately 3-4 weeks for its effects to kick in, and its effects will vary individually. If you wish to reap the benefits faster (within 1-2 weeks), you may use a loading approach of 20g of creatine daily for 1 week, then transition to 5g a day indefinitely. There is also no need to cycle on and off of creatine. If you have a history of liver or kidney issues please consult with your health care professional before consuming creatine.

Q: I am having a hard time meeting my daily caloric goals and protein grams. What should I do?

A: First and foremost, always verify that you are indeed tracking all of the foods that you are consuming throughout the day including any oils, marinades, sauces and creamers. Strive to eat fibrous, dense foods if you are constantly feeling hungry throughout the day. The recipe books and meal ideas within your program are excellent sources of inspiration here. If you are consistently going over on calories, swap out dark, fattier meats for lean cut options. Some other helpful swaps are egg whites for whole eggs, sprays instead of oils, spices instead of sauces. On the reverse, if you are having a hard time consuming enough calories, look to add healthy oils (olive, avocado, etc) to your cooking and whole dairy options instead of skim or alternative choices such as almond milk, and consume more liquid calories (e.g. shakes).

GENERAL FAQ

Q: I am experiencing a sharp pain when I perform a certain exercise in the program. What should I do and is there an alternative exercise that I can substitute in place of it?

A: If you are experiencing any sharp, consistent pains when performing any exercise within the BWS programs please consult your healthcare professional immediately. Medical advice can not be provided. In addition, under the Training section of your BWS program, you will find the subsection “Exercise Alternatives,” and a table which will provide you with the exercise alternatives for each exercise listed in your workouts. Please consult this section of your program when looking for suitable exercise alternatives.

Q: I am having a hard time understanding what RPE means; if I should train to failure; and if I should still train if I am sore.

A: In the Training section of your BWS program, the Chapter “The Main Workouts: FAQ” details and fully explains what RPE (Rate of Perceived Exertion) is and how to apply it to your lifts. This chapter also explains when and when not to train to failure, and whether or not you should continue to workout if you are experiencing soreness.

Q: I can not progress on pull ups. Should I stop trying to perform them and or is there a suitable alternative exercise?

A: In the Training section of your BWS program, at the bottom of the chapter “The Main Workouts: FAQ” you will find the header: “What if I can’t do pull-ups?” Here you will find descriptions for the top two pull-up alternatives (inverted rows and pull-up negatives), as well as a ‘Modified “Pull” Workout’ that you can adjust your “pull” workout to in an effort to increase your pull-ups. This section also advises you on how to move to weighted pull ups once you can successfully perform 8 or more body weight pull-ups.

DISCLAIMER

The content provided in this PDF is for informational and educational purposes only. Jeremy Ethier is not a medical doctor, psychologist, therapist, nutritionist, or registered dietitian. The contents of this document should not be construed as medical, psychological, dietary, nutritional, or healthcare advice of any kind. The contents of this document are not intended to diagnose, treat, cure, or prevent any health conditions, nor are they intended to replace a physician, dietitian, nutritionist, or other qualified healthcare professional's advice. You should always consult your physician, dietitian, or other qualified healthcare professional on any matters regarding your health, engagement in physical activity, and/or diet before starting any fitness program or meal plan to determine if it is suitable for your needs. This is especially important if you (or your family members) have a history of high blood pressure or heart disease, if you have ever experienced chest pain while exercising, or if you have experienced chest pain in the past month when not engaged in physical activity. You should also consult your physician, dietitian, or other qualified healthcare professional before starting any fitness program, meal plan, or dietary regimen if you smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity or diet. Do not start or continue any fitness program, meal plan, or dietary regimen if your phy-

sician, dietitian, or health care provider advises against it. If you experience faintness, dizziness, pain, shortness of breath or any other form of discomfort at any time while exercising or while following any meal plan/dietary regimen, you should stop immediately. If you are in Canada and think you are having a medical or health emergency, call your health care provider, or 911, immediately.

Please note the following:

- any and all exercise that you do as a result of what you read in this PDF shall be performed **solely at your own risk**;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used **solely at your own risk**; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed **solely at your own risk**.

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BWS PROGRAMS

FAQs