

Free Program Includes:

3 EXAMPLE MACRO SPLITS, TRAINING IDEAS FOR 3 GOALS



MACROS
WHAT ARE THEY & HOW MUCH?



FOOD CHOICES
WHAT EXACTLY SHOULD YOU EAT?



WORKOUT/TRAINING
WHAT IS THE ULTIMATE TRAINING?

VOLUME 1



MACROS: WHAT & HOW MUCH

MACROS ARE SHORT FOR MACRONUTRIENTS. THIS IS WHAT MAKES UP YOUR CALORIES FOR THE DAY.

YOUR DAILY CALORIES ARE MADE UP OF THREE THINGS: CARBOHYDRATES, FATS, AND PROTEINS.

THOSE THREE THINGS ARE WHAT FILL THE CATEGORY OF

***MACROS ARE MADE UP OF CARBS, PROTEINS, AND FATS.**

MACRONUTRIENTS.

NOW YOU UNDERSTAND WHAT MACROS ARE, YOU ARE PROBABLY WONDERING HOW MUCH OF CARBS, FATS, AND PROTEINS YOU NEED TO REACH YOUR GOAL. WELL OF COURSE EVERYONE HAS DIFFERENT GOALS, DIFFERENT METABOLISMS, AND DIFFERENT ACTIVITY LEVELS, ETC.

BUT HERE ARE SOME GENERAL GUIDELINES THAT ARE GOOD TO START WITH.

GENERAL WEIGHT LOSS:

-CONSUME (EAT) LESS CALORIES THAN YOU GIVE OUT (BURN)

-GENERALLY CONSUME LESS THAN 40% OF YOUR CALORIES FROM CARBOHYDRATES

-GENERALLY NEVER ABOVE 30% FAT, AND NEVER UNDER 20% FAT

-GENERALLY HIGH PROTEIN

GENERAL MUSCLE BUILDING:

-CONSUME SLIGHTLY MORE CALORIES THAN BURNED

-GENERALLY MORE THAN HALF (50%) OF YOUR CALORIES FROM CARBOHYDRATES

-GENERALLY MODERATE-TO-HIGH PROTEIN INTAKE

-REST OF CALORIES (NOT MUCH) FROM FAT

3 EXAMPLE MACROS SPLITS:**WEIGHT LOSS SPLIT:**

50% PROTEIN, 25% CARBS, 25% FAT

MAINTENANCE SPLIT:

30% PROTEIN, 45% CARBS, 25% FAT

MUSCLE BUILDING SPLIT:

30% PROTEIN, 50% CARBS, 20% FAT

(REMEMBER THESE ARE GENERAL STARTING POINTS)

MACROS

(FROM TOP TO BOTTOM)

CARBOHYDRATES

PROTEINS

FATS

TRAINING PLAN

NOW ON TO TRAINING.

HOW MANY DAYS A WEEK? HOW LONG? WHAT TYPES OF EXERCISES? THERE ARE SO MANY THINGS TO COVER WHEN IT COMES TO TRAINING SO IN THIS FREE VOLUME 1, I AM JUST GOING TO BE COVERING THE BASICS.

TWO VERY IMPORTANT PARTS OF TRAINING:

*RESISTANCE TRAINING (WEIGHTS) & CARDIOVASCULAR EXERCISE (CARDIO)

DEPENDING ON YOUR GOALS AND BODY TYPE YOU MAY NEED MORE OR LESS OF THESE TWO COMPONENTS.

HOW DO YOU DETERMINE HOW MUCH FOR YOURSELF?

IT'S NOT VERY EASY TO SAY THE LEAST, IT REQUIRES A LOT OF TRAIL-AND-ERROR TO FIND THE ABSOLUTE BEST PROGRAM FOR YOU. BUT I'M GOING TO SHARE SOME BASICS THAT HOPEFULLY WILL GET YOU STARTED ON THE RIGHT TRACK.

LET'S START OFF WITH RESISTANCE TRAINING:

WEIGHT LOSS: FOR THE BEST RESULTS GENERALLY YOU WILL WANT TO WEIGHT TRAIN AT LEAST 1 HOUR 4-6 TIMES A WEEK. TRAINING EACH BODY GROUP ROUGHLY 2X PER WEEK.

MAINTAINING WEIGHT: HOWEVER MUCH YOU WANT! JUST MAKE SURE YOU ARE FUELING PROPERLY TO MAINTAIN YOUR CURRENT WEIGHT. STILL NO NEED TO LIFT MORE THAN 75 MINUETS AT A TIME.

BULKING: HEAVY TRAINING, LOWER REPS, HIGHER REST. GENERALLY ABOUT A 1-1.5 HOUR LIFTING SESSION.

NOW ON TO CRADIO:

WEIGHT LOSS: THE MORE THE BETTER BUT DON'T GET TOO CRAZY, NO NEED TO BURN THROUGH YOUR HARD-EARNED MUSCLE. START OFF SLOW SO YOU CAN GRADUALLY INCREASE OVER TIME. IF YOU START OFF BY DOING TOO MUCH AT THE BEGINNING, ONCE YOU REACH A PLATEAU YOU WILL HAVE TO DO UNHEALTHY AMOUNTS OF CARDIO JUST TO SEE SOME RESULTS. YOU WANT TO AVOID THAT AT ALL COSTS!

MAINTAINING WEIGHT: NO NEED TO GO MORE THAN 30 MINUETS AT A TIME. SOMETIMES YOU CAN EVEN GO AS LITTLE AS 15 MINUETS A FEW TIMES A WEEK IF YOU HAVE A GOOD METABOLISM.

BULKING: ESSENTIALLY IN A BULKING PHASE YOU ARE TRYING TO GAIN MUSCLE MASS, SO THERE IS NO NEED TO DO CARDIO. ALTHOUGH, CARDIO IS GOOD FOR HEALTH SO KEEP EVEN A FEW SHORT WEEKLY WALKS IN THERE FOR YOUR HEART HEALTH. BUT NO NEED FOR MORE.