

Success

PLAYBOOK



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Your House

4. LANDSCAPING

Adding the finishing touches, tightening up any weak areas, while you crush current goals and begin setting new ones!

3. ROOF

Now that your strong foundation and framework have been set, its time to add your roof. This is the phase in your journey where you take what you have learned and begin to work intensely on acheiving the goal you have set. It might be losing bodyfat, gaining muscle, improving energy or stamina, possibly a combination of all three!

2. FRAMEWORK

Now that your foundation is set, its time to build the strong bones of your structure. This is where you'll solidify all your newly formed habits and continue to mentally and physically strengthen your mind and body. This needs to be solid, it is what will hold your house together.

1. FOUNDATION

Your journey begins here. This is where you'll form the base of your new lifestyle. This includes eating a balanced and sustainable diet, correct form, and strengthening your level of mental discipline. Without a firm foundation, your home will undoubtedly crumble.



Basics

What is a calorie?

Simply put, a calorie is a unit of energy.

"I want to lose weight" (aka Caloric Deficit)

Burn more calories than you consume.

"I want to gain weight" (aka Caloric Surplus)

Consume more calories than you burn.

You'll soon find out how to determine how many calories you need to eat per day to accomplish your goal very soon!

There are tons of diets out there, you might be asking yourself which one will actually work? Your answer is below.

DIET NAME	DESCRIPTION	HOW IT WORKS
Low Carb	Eat fewer carbs and more foods rich in protein and fats.	By creating a caloric deficit
Ketogenic	Eat almost no carbs, some protein, and mostly fat.	By creating a caloric deficit
Low Fat	Avoid foods high in fats and eat mostly protein and carbs.	By creating a caloric deficit
Intermittent Fasting	Restrict your eating period to only a few hours every day.	By creating a caloric deficit
Weight Watchers	Points based system to help with portion control	By creating a caloric deficit
Paleo	Eat only minimally-processed "paleolithic" foods.	By creating a caloric deficit
THE MORE YOU KNOW		

Tips

HIDDEN CALORIES IN YOUR FAVORITE FOODS:

You might not think it's *that bad*, but little choices add up to big results.

- One 12 oz can of coke contains 39g sugar. You'll learn on the next page why sugar is your goal's arch nemesis.
- Most restaurant style salad dressings add 150-300 calories to your meal.
- BBQ Sauce can add anywhere from 10-13g sugar and 280-350mg of sodium.
- A traditional sized breakfast muffin can yield anywhere between 400-700 calories.

SEASON THE SMART WAY:

Remember what we discussed earlier– moderation. As long as you're not dumping crazy amounts of sodium laden seasonings on your food, your body will thank you. I highly recommend Himalayan or Celtic salt.

GUILT FREE CONDIMENTS:

- Mustard
- Vinegar
- Hot Sauce
- Pico De Gallo
- Ketchup (low sugar/salt style)
- Buffalo Sauce
- Salsa
- Sriracha Sauce
- Lemon/Lime juice

Tdee

WHAT IS THIS AND WHY IS IT IMPORTANT:

Your Total Daily Energy Expenditure (TDEE) is the total number of calories your body burns in a full day. It includes the calories your body uses to keep you alive (breathing, heartbeat, digestion) **plus** the calories you burn through movement, exercise, and everyday activities.

WANT TO LOSE WEIGHT?

Eat around 300 calories **less** than your TDEE per day.

WANT TO GAIN WEIGHT?

Eat around 300 calories **more** than your TDEE per day.

I've done the heavy lifting and have created a calculator which will give you your TDEE.

[Click here to find out what yours is!](#)

Supplements

To begin, are supplements absolutely necessary? **Not at all.** Do not let any fancy marketing tell you that.

However, they do in fact help to fill nutritional gaps and optimize your body.

1. MULTIVITAMIN

Most people do not get the necessary nutrients that they need a day, a simple multivitamin will help you fill the gaps in your nutrition (as a good supplement should) and will create a more positive environment for your overall health.

2. CAFFEINE

This is an often demonized stimulant. Caffeine stimulates your central nervous system and helps you feel more awake and alert. Just remember, like anything else in life: Moderation is key!

3. OMEGA-3

A good fatty acid! For a list of benefits visit [here](#)

4. BCAAs

Branch Chain Amino Acids or BCAAs are a group of 3 essential amino acids: leucine, isoleucine, and valine. They encourage protein synthesis and can increase your energy levels.

5. GLUTAMINE

An important amino acid with many functions in the body. Read more about it [here](#)

6. WHEY PROTEIN ISOLATE

Protein is the building block of muscle. You should consume 30-50 grams of protein upon completing a workout. If you're on the go, a protein shake is a great alternative!

SUPPLEMENT SCHEDULE:

1-3: In the morning after breakfast

4-5: Halfway through workout

6: Within 30 mins after your workout

Micronutrients

Micronutrients are one of the major groups of nutrients your body needs. They include vitamins and minerals. Vitamins are necessary for energy production, immune function, blood clotting and other functions. Minerals play an important role in growth, bone health, fluid balance and several other processes.

Fun Fact: Americans consume 5X more sugar and 1,100mg more sodium per day than we should.

Below, you'll find a list of micronutrients and their recommended daily amounts:

SUGAR:

Men: 37.5g
Women: 25g

SALT:

Men/Women: +/- 2300mg

FIBER:

Men Under 50: 38g
Men Over 50: 30g
Women Under 50: 25g
Women Over 50: 21g

POTASSIUM:

Men Under/Over 50: 3400mg
Women Under/Over 50: 2600mg

CALCIUM:

Men Under/Over 50: 800mg
Women Under 50: 1000mg
Women Over 50: 1200mg

VITAMIN B-12:

Men & Women: 2.4mcg

VITAMIN D:

Men & Women: 400-800 IU/day

IRON:

Men Under/Over 50: 8mg
Women Under 50: 18mg
Women Over 50: 8mg

MICRONUTRIENT INFO:

Click [here](#)

SUGAR (THE SILENT KILLER):

Click [here](#)

RECOMMENDED NUTRIENTS:

(men vs women)

Click [here](#)

Macronutrients

Macronutrients are nutrients that your body requires in large amounts for normal growth and development. The big 3 are namely, carbs, fats and proteins.

- **PROTEIN:**

(building block of muscle)

If you're not consuming enough protein your body cannot physically sustain your muscle tissue!

- **CARBOHYDRATES:**

(first line of energy)

Carbs play an essential role to having consistent energy through your workouts.

- **FATS:**

(second line of energy)

This energy source is in place to take over when your body runs out of readily available carbs.

Your daily requirements are dependent on your gender, age, activity level, and goal. Lucky for you, I will be supplying you with the right ones!

For more information:

MACRONUTRIENT INFO:

Click [here](#)

RECOMMENDED NUTRIENTS:

(men vs women)

Click [here](#)

Whole Foods

PROTEIN:

- Eggs
- Chicken
- Cottage Cheese
- Greek Yogurt
- Lean Beef
- Tuna
- Lentils
- Ezekiel Bread
- Pumpkin Seeds
- Flax Seeds
- Turkey

CARBS:

- Oats
- Potatoes (Sweet, White, or Red)
- Rice (Brown, Jasmine or Basmati preferred)
- Legumes
- Chickpeas
- Popcorn
- Beans (Kidney or Black)
- Quinoa
- Carrots
- Beets
- Squash
- Zucchini
- Broccoli

LOW GLYCEMIC FRUITS:

55 OR LESS INDEX RATING

- Strawberries
- Blackberries
- Blueberries
- Raspberries
- Oranges
- Peaches
- Watermelon
- Apples
- Grapefruit
- Pears
- Plums
- Canteloupe

HIGH GLYCEMIC FRUITS:

70 OR ABOVE INDEX RATING

- Banana
- Mango
- Papaya
- Pineapple
- Dates
- Plantain
- Dried Fruits (ex: raisins, cranberries, goji berries, and mulberries)
- Watermelon
- Cantaloupe
- Honeydew Melon
- Jackfruit

Continued

FATS:

- Avocado
- Cheese
- Dark Chocolate
- Healthy Oils (Olive Oil and Coconut)
- Eggs
- Nut and Seed Butters
- Olives
- Salmon
- Tuna
- Tofu
- Edamame

NUTS:

- Almonds
- Brazil Nuts
- Cashews
- Hazel Nuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Walnuts

SEEDS:

- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Pumpkin Seeds
- Sesame Seeds
- Raw Sunflower Seeds

VEGAN PROTEIN:

- Seitan (Vital Wheat Gluten)
- Vegan Protein Powder
- Nutritional Yeast
- Spirulina
- Vegan Meat Alternatives (ex: Field Roast, Yves, and Gardein Products)

BEANS:

- Chickpeas
- Beans (black beans, adzuki beans, mung beans, pinto beans, fava beans, white kidney beans, broad beans, black eyed peas, lentils)
- Black Bean Pasta
- Lentil Pasta
- Simply Protein Bars
- Vegan Jerky
- Field Roast Sausage
- Tofurky Sausage
- Sol Veggie Burgers
- Artisan Veggie Burgers
- Dessert Tofu

Are these it? No!

But they will help give you a jumpstart on creating healthier options for yourself! Mix and match! Get creative!

7AQ

Problem: Digestive system backed up? Bloating from excess food? Try this!

Solution:

1. 1-2 servings of Apple Cider Vinegar (pill form or liquid)
2. Dandelion Root Capsules (with 20 oz Alkaline water) mixed with Black Tea.
3. 20 min Epsom Salt Bath

Problem: Dehydrated? Your body holds onto additional water to compensate. You want to try and get half your body weight in oz a day! For example, a 150 lb person needs 75 oz.

Solution: Get a \$2 jug or a nice shaker cup and get all your water in 2 hours before bedtime!

Problem: Too much salt?

Solution: Get that water in to help flush the excess sodium out!

Problem: Had a hard workout? The stress and micro-tearing damage to the muscle fibers induces water retention in the body.

Solution: One word. Sleep. Get some nice quality rest and allow your body to do its thing and recover!

Problem: Weighed in at a different time? Your Body weight fluctuates naturally between morning and evening. Inconsistent time = Inconsistent result.

Solution: Pick a day/time and stick to it!

Problem: Bad night of rest? Your body absolutely hates when you're off your routine. During sleep, your body reboots itself. Lack of sleep will raise your cortisol levels and make your body retain water.

Solution: Get a good bedtime routine. Go to sleep at the same time. Get up at the same time— your body will appreciate it!

Problem: Too much spaghetti? When we eat carbs, the energy that we do not use right away is stored as glycogen molecules. Each gram (g) of glycogen comes with 3 g of water attached.

Solution: Avoid higher carb meals at nighttime.

Problem: Stressed? More cortisol means more water retention.

Solution: Do more things that bring you peace and relaxation.

Overview

On the proceeding pages you'll find your full body workout plan.

PUSH: Chest/Triceps

PULL: Back/Biceps

LEGS: Self explained

ABS: Self explained

EQUIPMENT NEEDED:

- Dumbbells ([BUY HERE](#))
- Fabric Resistance Band Loop ([BUY HERE](#))
- Rubber Resistance Band Loop ([BUY HERE](#))

ADDITIONAL NOTES:

- New to working out? It is SETS (how many times you're doing the set amount of reps) x REPETITIONS (how many times you're performing the listed movement)
- Rest about 30-60 seconds between sets, depending on exertion.
- Breathe as you normally would during the movements
- Can't maintain form? Lower the resistance weight of the exercise being performed
- Be patient with yourself
- Other specific questions? Hit me up and I'll explain!

Push

CHEST/TRICEPS/SHOULDERS:

EXERCISE NAME	SETS	REPS	INSTRUCTIONS
Incline Push-Ups	3	10-12	1. Get into pushup position with your hands on an elevated surface, such as a bench or table. 2. Lower yourself down as much as you can, the goal is for your chest to touch what you're elevated on. 3. Ascend back up and repeat.
Dumbbell Floor Press	3	10-12	1. Lying on your back, perform a chest press. 2. Keep elbows slightly tucked as you press the dumbbells. 3. Lock out at the top, lower back down (ensuring your elbows rest on the ground for 2 seconds) then repeat.
Dumbbell Tricep Extension	3	10-12	1. Hinge forward, placing one hand on your thigh or a bench for support, holding a dumbbell in the other hand. 2. Keep your elbow bent at 90 degrees, close to your side. 3. Extend your arm back until straight, then slowly return to start.
Shoulder Press	3	10-12	1. Hold a dumbbell in each hand at shoulder height, palms facing forward. 2. Press both dumbbells overhead until your arms are fully extended. 3. Lower slowly back to shoulder height and repeat.
Band Pull-Aparts (using rubber latex band)	3	10-12	1. Place a band around your hands, placing at the wrists, palms facing down. 2. Lift arms out in front of you, and pull the band apart. Hold for 1-2 seconds on that stretched position 3. Bring your hands back together slowly and repeat.

Pull

BACK/BICEPS:

EXERCISE NAME	SETS	REPS	INSTRUCTIONS
Bent Over Rows	3	10-12	1. Hinge forward with a straight back, holding dumbbells. 2. Pull the dumbbells to your ribs, keeping elbows close. 3. Lower slowly and repeat.
Bent Over Flys	3	10-12	1. Hinge forward with a straight back, holding dumbbells. 2. Raise arms out to the sides until shoulder height. 3. Lower slowly and repeat.
Standing Bicep Curl	3	10-12	1. Stand tall, holding dumbbells with palms facing forward. 2. Curl the dumbbells up to your shoulders, keeping elbows still. 3. Lower slowly and repeat.
Sumo Dumbbell Deadlift	3	10-12	1. Stand wide with toes out, holding dumbbells. 2. Lower dumbbells by bending knees and hinging at hips. 3. Push up through heels and squeeze glutes.
Hammer Curl	3	10-12	1. Stand tall, holding dumbbells with palms facing inward. 2. Curl the dumbbells up while keeping elbows close to your body. 3. Lower slowly and repeat.

Legs

LEGS:

EXERCISE NAME	SETS	REPS	INSTRUCTIONS
Bodyweight Squats (using hip band)	4	25	1. Stand in front of a box or bench, feet shoulder-width apart. 2. Push your hips back and lower yourself to sit on the box. 3. Stand back up by pushing through your heels and engaging your glutes.
Dumbbell Squat to Press	3	10-12	1. Hold a dumbbell in each hand at shoulder height. 2. Lower into a squat, keeping your chest up and knees behind your toes. 3. Stand up and press the dumbbells overhead as you rise.
Dumbbell Romanian Deadlifts	3	10-12	1. Stand with feet hip-width apart, holding dumbbells in front of your thighs. 2. Hinge at your hips, lowering the dumbbells along your legs while keeping a slight bend in your knees. 3. Return to standing, driving your hips forward.
Bodyweight Glute Bridges	3	25	1. Lie on your back with knees bent and feet flat on the floor. 2. Lift your hips towards the ceiling, squeezing your glutes at the top. 3. Lower your hips back down to the floor and repeat.
Bodyweight Lunges	3	8-10 each leg	1. Stand tall, feet hip-width apart. 2. Step forward with one leg and lower your body until both knees are bent at 90 degrees. 3. Push back up to the starting position and repeat with the other leg.

Abs

BODYWEIGHT AB CIRCUIT:

EXERCISE NAME	SETS	REPS	INSTRUCTIONS
Plank	3	10-12 second hold	1. Get into a push-up position, with your elbows under your shoulders. 2. Engage your core and hold your body in a straight line from head to heels. 3. Hold the position for the desired time, keeping your core tight.
Crunch	3	12	1. Lie on your back with knees bent and feet flat on the floor. 2. Lift your shoulders off the ground by contracting your abs. 3. Lower back down slowly and repeat.
Hollow Hold (using ball)	3	15-30 second hold	1. Lie on your back holding a ball between your hands and knees. 2. Bring your knees to your chest, lifting your shoulders and feet off the floor, squeezing your abs against the ball. 3. Hold the position, keeping your back flat on the floor and core engaged.

Thank You

You're the bomb- thanks for hanging with me! I had a ton of fun writing this and I hope you're walking away with having learned something you didn't know before!

If you'd like to work together or have any other specific questions, feel free to [click here](#) for the contact form!

Coach Logan



I **promise** you
its worth it

