



OFFICIAL
FITNESS

WELCOME
PACKET



TABLE OF CONTENTS

Program Summary	1
Steps to Success	
- Step 1	3 - 4
- Step 2 - 4	6
- Step 5 - 6	8
Program Design	10
Initial Measurements	12

SUCCESS

STRENGTH

CARDIO

MOBILIZATION

STRETCHING

REST

NUTRITION

Mission:

To provide you with high quality guidance that will help you achieve your goals in and out of the gym.

Vision:

By combining the most successful elements of nutrition, cardiovascular exercise and strength training we seek to rapidly improve your whole body health through daily habits.

Focus: What makes us different?

- *Nutrition Guidance:* We will work to make sure that you are on the right track nutritionally to make the most of your hard work in the gym.
- *Mobility Coaching:* Directed movement training to ensure that you will prevent injury and increase flexibility.
- *Body Composition:* Daily focus on tracking not just your weight but multiple measures of overall health.
- *Functional Strength:* Strength training will focus on functional movements to maximize your abilities and speed your success.

Workout Time Breakdown:

- *Warm Up:* 5 - 10 Minutes
- *Cardio:* 10-20 minutes
- *Functional Strength:* 20 - 30 Minutes
- *Cool Down:* 5-10 Minutes

Total estimated time per workout: 40 - 70 minutes

Example Routine:

- Warm Up: Treadmill- Incline 7% / Speed 2 MPH / 10 Min
- Cardio: Treadmill- Incline 15% / Speed 3 MPH / 20 Min
- Functional Strength: 25 Min
 - Air Squats: 3 Sets / 15 Repetitions
 - Push-Ups: 3 Sets / 15 Repetitions
 - Pull-Ups: 3 Sets / 15 Repetitions
 - Crunches: 3 Sets / 15 Repetitions
- Cool Down: Treadmill- Incline 0% / Speed 3 MPH / 5 Min



PERSONAL
TRAINER

Steps To Success

Where do I start?

Step 1: Nutrition

Your nutrition is the foundation of your success. Without a healthy view and application of food your results will be limited and slow. In this section we will discuss what we recommend as far as diet and we will also cover some basic concepts that are needed for success.

Basal Metabolic Rate:

Before we dive in to a particular type of diet we need to first understand what your body naturally burns over the course of a day. This number is called *Basal Metabolic Rate* (BMR) and each person is different. BMR is the amount of calories that your body uses for basic function of the brain, organs and muscles in a 24 hour period without exercise. This number is used to determine how many calories that are needed to eat in a given day to gain, lose or maintain weight. Each goal is different and we will cover application of BMR in the following sections.

“Good” Weight and “Bad” Weight:

In the body there is “good” weight to maintain and “bad” weight to lose. Generally defined there is your body fat and everything else in the form of organs, muscle, and bone. We use **Body Fat % (BF%)** to define how much “good” weight you have and how much “bad” weight you should remove to improve your overall health. The following graphic shows the various ranges of BF% for both women and men as defined by the American College of Sports Medicine.

	<u>Men BF%</u>	<u>Women BF%</u>
Athletic	8-11.9	12-14.9
Good	12-14.9	15-17.9
Average	15-17.9	18-20.9
Below Average	18-21.9	21-24.9
Poor	22+	25+

Ideally we want your BF% to be in the good or athletic range. This maximizes your “good” weight and minimizes your “bad” weight in the form of an ideal BF%.

Body Fat:

A pound of body fat contains 3500 calories and so to lose 1 pound of fat a week you must burn that many calories over the course of 7 days of work. This means that if you burn 500 calories in addition to your basal metabolic rate every day you can expect to lose 1 pound of fat per week.

The Whole 30:

This 30 day diet is the foundation of what we suggest. To date, we have found no healthier way of reducing food addiction and

educating the participant on their own food sensitivity. While this diet is primarily designed to help you define food allergies it is an extremely effective weight loss tool.

The Whole 30 takes out the following foods and additives from your diet for 30 days.

- Processed Sugars
- Grain
- Dairy
- Alcohol
- Peanuts
- Legumes
- Preservatives

By removing these items we can reset your digestive system and drastically reduce your cravings for unhealthy foods.

While you are going through the 30 days there is no need to track your foods. This is because when you eat natural unprocessed foods your body is already equipped to stop you from eating too much.

For in depth information we highly suggest either visiting the website at <https://whole30.com/> or purchasing the book.

The Zone Diet:

This is less of a diet and more a way of eating with moderation after the *Whole 30*. This way of eating suggests that you focus on 2 factors that will control your eating; those factors are as follows:

- Calories
- Protein
- Fat
- Carbohydrates

Each factor has a particular range or “Zone” that you try to stay within on a daily basis and is specifically defined for you.

Calories

Calories are the single most important piece of the *Zone Diet* because they control whether you succeed or fail. Calories must be matched to your BMR to be most effective.

We define your zone for daily calorie consumption by first seeing what your BMR is and setting a range that is +/- 100 calories from that number. For example, if your “Zone” for calories is 1900 - 2100 total calories a day because your BMR is 2000 and you eat 1987, that day was successful.

Protein

Protein is defined as one of three essential macronutrients that primarily comes from meat but is also present in small amounts in some plants. Protein is very important because it is what helps rebuild and repair your muscles after activity.

We suggest that approximately 30-40% of your daily value of calories come from lean sources of protein. Less than this

amount will hinder your ability to recover after a workout and slow your muscular development.

Fat

Fat is the second of the three essential macronutrients. It comes from both plants and animals. Fat is needed so your body has a ready energy source during cardiovascular activities and during rest.

Generally, there are many types of fats but the two larger categories are saturated and unsaturated. Unsaturated are good fats and are found naturally in foods like almonds and avocados. Saturated fats are bad fats and are found in things like butter.

We suggest that 20-30% of your daily calorie total come from fats. Too much fat in your diet will be stored as fat tissue and too little fat will cause you to feel drained and lethargic.

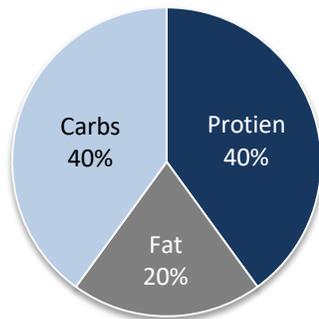
Carbohydrates

Carbohydrates are the final macronutrient and they come primarily from plant sources. However, we suggest that you get most of your carbohydrates from natural sources such as fruits / vegetables and stay away from refined sugars and grains.

We suggest that 40% of your daily calories come from unrefined sources of carbohydrates. Too many carbs will lead to a spike in your blood sugar then a crash and too little can lead to feeling mentally cloudy and general dizziness.

Summary

For the Weight Loss Program we suggest the following macronutrient breakdown to help assist you maximizing nutrition while still allowing some fun food.



This breakdown will still allow treats like pizza and beer but helps moderate quantity. It does this by having you focus on staying within your food zones. As long as you stay in your daily values you can have whatever you want.

Finally, we suggest eating to these zones 6 out of 7 days a week. The one day that you don't stick to this breakdown is called your "cheat day". On your cheat day you still need to stay within your caloric zone but you don't have to worry about protein, fat and carb ratios. By having a cheat day you can give yourself a mental rest from eating healthy. This will help you be better during the other 6 days and keep you on track.



Steps To Success 2 - 4

Step 2: Rest

Rest is second only to nutrition in terms of importance. Our bodies require rest in the form of sleep and downtime in between workouts to help us repair and get stronger.

Sleep:

The human body needs between 7-9 hours of sleep every night to maximize its repair cycle and help us prepare for the next day.

During the day our brain requires energy and will progressively build up toxicity as a byproduct of normal activity. Over the course of a normal night of sleep the toxicity will be gradually removed from the skull to prepare brain for the next day of function. Unlike the body, which removes toxicity progressively through the day by the filtering of the blood with the kidneys and liver, the brain waits till sleep.

Ref: <https://science.sciencemag.org/content/342/6156/373>.

Also, during sleep our bodies use our resting stores of energy to perform the bulk of repair on any muscle that has been damaged due to exercise or normal daily activity.

Anything less than 7 hours of sleep is not optimal because we have not had enough time to let the brain and body fully restore from the previous day. This is marked by muscle pain and soreness that can persist from the day before and mental sharpness that is not quite 100%. Its long term effects will be marked by reduced strength gain over time and increased daily levels of soreness.

Daily Rest

In addition to good sleep habits, it is important to have the correct amount of rest time in between working your specific muscle groups. When exercising to exhaustion, it is best for your muscles to have between 48-72 hours of rest before they are worked to fatigue again. For this reason we suggest building up to a program to exercise complementary muscle groups every 3 days. Please refer to the bullet points below for an example.

- Monday: Upper Body / Intervals
- Tuesday: Lower Body / Cardio
- Wednesday: Cardio / Intervals
- Thursday: Upper Body / Cardio
- Friday: Lower Body / Intervals
- Saturday: Cardio

In summary, without proper sleep and rest in between working out you are more likely to suffer an injury and limit your progress.

**The human body needs between
7-9 hours of sleep every night to
maximize its repair cycle**

Step 3: Stretching

Daily stretching is needed to maximize your positive results and prevent injury. During this program you will be shown stretches to help mobilize your body so you can perform your movements correctly and safely. For this reason, we suggest stretching for no less than 5 minutes before your mobilization routine with both static and dynamic stretches.

Static

Static stretching is when you gradually perform a stretch and hold at the point of mild discomfort for 60-120 seconds. Anything less than 60 seconds there is no real gain and anything more than 120 seconds it is best to move on to a similar stretch that hits the same muscle.

Dynamic

Dynamic stretching is when you perform a slow moving stretch. A good example of this is when you slowly descend in to a squat to stretch the muscles required by the movement. Usually dynamic stretching is done for 5-10 seconds per movement and repeated multiple times. For example, you could descend slowly in to a deep squat taking 5 seconds on the way down and return to standing taking another 5 seconds.

Frequency:

To increase your flexibility you must stretch at least 3 times a week but to really be effective a daily routine is needed. We suggest that a good stretching routine is done both before and after exercise to maximize benefit and release tension in the muscles.

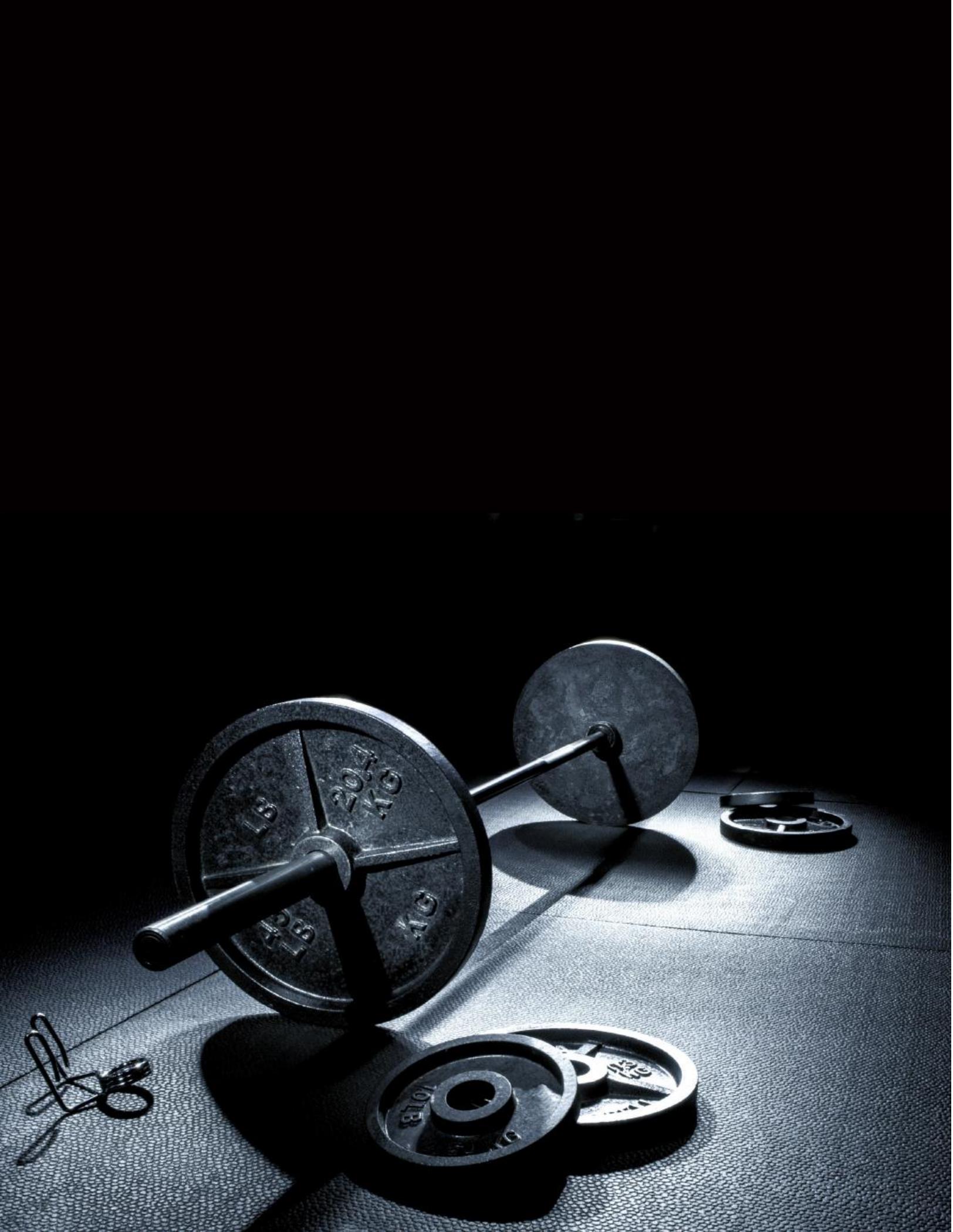
Common regions that present a problem are the hamstrings, calves, shoulders and chest. We will break down ideal stretching routines that will mobilize the problem areas listed above.

Step 4: Mobilization

Before any workout it is essential to mobilize in addition to stretching. Like stretching, a good mobilization routine will prevent injury and reduce limitation during hard routines.

We suggest that you mobilize for no less than 5 minutes before your daily workout. This mobilization period should be directly related to the movements that you will be performing for that day. For instance, if you are performing a squat maneuver, your mobilization should include a series of movements that are directly related to the Squat motion.

For all of our members we will provide mobilization routines that are specific to assisting foundational movements. Please refer to the warm ups that are conducted before each WOD (Workout Of the Day)



Steps To Success 5 and 6

Step 5: Cardiovascular Exercise

Once your body is stretched and mobilized for exercise we advise that you start your daily routine with cardio / interval section to prep your body for the rest of your workout; this because it is a great way to get your blood pumping around your body and burn calories.

Cardio:

Our definition of Cardio is work that is low intensity and steady state that will pick your heart rate up to a range that can be maintained for a sustained time. For instance, if you were to run for 20 minutes at a pace that would elevate your heart rate to 60% of your max heart rate this would be defined as cardio.

Cardio is fantastic for burning calories in a relatively short amount of time and it will increase your ability to perform steady low intensity work.

Intervals:

Intervals can be considered to be strength training for your heart and lungs. Intervals are defined as any exercise where you quickly get your heart rate to 85-100% of your max heart rate and then back to a resting state in a pre-defined time frame. For example, if you were to sprint and for 1 minute and then rest completely for 2 minutes and repeat 5 times this would be a great example of an interval.

Intervals are 2-3 times as effective for building your maximum cardiovascular capacity as low intensity cardio. However, intervals are difficult and are best used every other day to allow your body to rest in-between intense sessions.

In summary, to increase your cardiovascular capacity it is best to use a combination of both cardio and interval work. Intervals will directly increase your ability to perform cardio and the cardio will burn calories thereby making intervals easier because you are shedding weight.

Step 6: Strength

Strength training is just as important as cardiovascular exercise in developing a healthy and toned body. This is because a body with a good body fat percentage that has a solid amount of muscle will burn more calories through the day and will be better equipped to handle daily tasks.

For this reason we prescribe 4 days' worth of strength training that will primarily focus on increasing your ability to move lighter weight or your own body weight.

Fatigue:

We will work to get your muscles to fatigue every set for every workout. This is because there is no more definitive way for us to build your muscular capacity than to get you to fatigue. There are two types of fatigue; the first is where you cannot perform another repetition because your muscles simply are too tired. The second is where your form breaks down and you cannot perform another repetition with correct positioning. Of the two if these, the second can be potentially more dangerous because if you do not have good form you can injure yourself.

Weight

To start we suggest you do lighter weights that will fatigue you in 12-15 repetitions. This is because 12-15 repetitions puts your muscles in a muscular endurance range and will assist you in your interval work and cardio work by increasing your ability to bear load over time. We will also increase weight in small amounts as you go because your strength levels will increase.

Reps:

There are three different general repetition schemes that are used in weight training. For strength, 3-6 repetitions per set is useful. This trains your muscles for heavy weight and high power output. For muscular size 7-11 reps is beneficial. This is because this range triggers your muscle to grow in size while still using a substantial amount of power. For muscular endurance a rep scheme of 12-15 is the valuable. This is the range that we will use for the toning program because it burns the most calories of the three and promotes long lean muscular growth.

Sets:

The American College of Sports Medicine (ACSM) recommends that you perform 3 sets of fatigue level work to optimize your muscular gain. This is because your body will reach a point of diminishing returns after the 3rd set and your muscular gain will be less. In simpler terms you are not performing enough work with 2 sets and you will gain more muscle with 3 fatigue level sets than with 4.

Soreness:

Our goal with the strength aspect of the Toning Program is to make sure that you are sore after every workout. This is your body communicating to your brain that it needs to rebuild and get stronger. Also, after a good strength day your body will actually burn more calories repairing than it would after a cardio session of equal length. This means that we need a good balance of strength workouts that allow you to get stronger while still giving you enough time to repair your muscles in between sessions.



Programming

“ It is important to have a good blend of cardiovascular, interval, and strength work to achieve maximum caloric burn.”

Program Design:

To begin your fitness journey we will set up an initial 1 hour one on one session to define what you can expect. In this session we will make sure that you have the right nutritional mindset going in and the proper foundation with exercise.

After the first session we suggest a month's worth of regular exercise at a time. This will help you stay consistent and can look very similar to the following structure.

Day 1 / Week 1

Warm Up: Treadmill- Incline 7% / Speed 2 MPH / 10 Min

Cardio: Treadmill- Incline 15% / Speed 3 MPH / 20 Min

Strength: Full Body

- Air Squats: 3 Sets / Body Weight / 15 Repetitions
- Push-Ups: 3 Sets / Body Weight / 15 Repetitions
- Pull-Ups: 3 Sets / Body Weight / 15 Repetitions
- Crunches: 3 Sets / Body Weight / 15 Repetitions

Cool Down: Treadmill- Incline 0% / Speed 3 MPH / 5 Min

Workout Breakdown:

For this workout day we can see that it is the first day of the week. Our focus is on cardiovascular burn and a lower body strength day. We suggest starting with a dedicated warm up and then transition directly in to a cardio bout on the treadmill. After this is done we suggest work out your lower body for 12-15 repetitions for 3 sets of each exercise trying to achieve fatigue each set.

Program Structure:

First Level Design:

Each month will fall in to the following structure of for your workouts.

- Cardio (ex. Running)
- Intervals (ex. Sprints)
- Strength (ex. Push-Ups, Pull-Ups etc.)

We do this because it is important to have a good blend of cardio vascular, interval, and strength work to achieve the maximum amount of calories burned while gaining strength. A good example of this is listed below

Mon	Tues	Wed	Thurs	Fri	Sat
Strength	Strength	Intervals	Strength	Strength	
Intervals	Cardio	Cardio	Cardio	Intervals	Cardio

Second Level Design:

We have found that to have the most well rounded approach to health is to have equal parts upper body work as well as lower body work combined with cardio and intervals. Upper body includes the chest, shoulders, triceps, back, and biceps. The lower body includes the quadriceps, hamstrings, calves, abdominals, oblique and lower back.

The following is an example of this:

Mon	Tues	Wed	Thurs	Fri	Sat
Upper	Lower	Interval	Upper	Lower	
Interval	Cardio	Cardio	Cardio	Interval	Cardio

It is important to note that while we will stick to these structures most of the time we will flex out of this routine every so often. We do this to keep your muscles from plateau and to allow your body to continually adapt.

Summary

We hope that this PDF has been helpful and we look forward to assisting you on your journey!



Measurements

Skin Fold Test

- Chest
- Abdominal
- Thigh
- Triceps
- Subscapular
- Suprailiac
- Midaxillary
- Body Fat %

Measurement

Measurement

Measurement

Measurement

Measurement

Measurement

Measurement

Measurement

Measurements

- Shoulders
- Chest
- Waist
- Hips
- Quads

Measurement

Measurement

Measurement

Measurement

Measurement

Metrics

- Waist to Hip
- Body Mass Index
- Weight

Measurement

Measurement

Measurement



O.F.W.
CROSSFIT

Monday	Tuesday	Wednesday	Thursday	Friday
WOD 5:00 – 6:30 AM	WOD 5:00 – 6:30 AM	WOD 5:00 – 6:30 AM	WOD 5:00 – 6:30 AM	WOD 5:00 – 6:30 AM
Cardio Blast 8:30 – 9:30 AM	Bootcamp 9:30 – 10:30 AM	Cardio Blast 8:30 – 9:30 AM	Bootcamp 9:30 – 10:30 AM	Cardio Blast 8:30 – 9:30 AM
WOD 11:30 – 12:30 PM	WOD 11:30 – 12:30 PM	WOD 11:30 – 12:30 PM	WOD 11:30 – 12:30 PM	WOD 11:30 – 12:30 PM
	Kids Bootcamp 3:30 – 4:00 PM		Kids Bootcamp 3:30 – 4:00 PM	
Bootcamp Blast 4:00 - 4:30 PM	Ab Crunch 4:00 - 4:30 PM	Bootcamp Blast 4:00 - 4:30 PM	Ab Crunch 4:00 - 4:30 PM	Bootcamp Blast 4:00 - 4:30 PM
WOD 4:30 – 5:00 PM	WOD 4:30 – 5:00 PM	WOD 4:30 – 5:00 PM	WOD 4:30 – 5:00 PM	WOD 4:30 – 5:00 PM
	OLY Club 5:00 – 6:00 PM		*OLY Club* 5:00 – 6:00 PM	

Class Description

Saturday
Fundamentals 8:30 -9:30 AM
WOD 9:30 – 10:30 AM
WODDLERS 10:30 - 11:00 AM

WOD: WOD classes are broken in to 30 minute heats where participants will perform the work out of the day (WOD).

Fundamentals: This class will teach all participants how to perform the 9 foundational movements of CrossFit.

Bootcamp: Bootcamp will be a full hour class designed to include warm up, workout and cooldown and will focus on full body functional strength.

Cardio Blast: Cardio Blast is a full hour class including warm up, workout and cooldown. Cardio Blast will focus on cardio capacity and calorie burn.

Bootcamp Kids / WODDLERS: Are half hour classes designed to introduce kids ages 3-12 to exercise in a fun and play oriented environment.

BootCamp Blast: Bootcamp Blast is a half hour circuit class based around the functional body weight movement. This class will focus on balance and joint strength.

Ab Crunch: Ab Crunch is a 30 minute class designed to give you full and dynamic core stability and strength.

OLY Club: OLY Club will focus on proper execution of the Clean / Jerk / Snatch movements. *This class is \$20 a Session and each session is 4 weeks long*