PETE GAWTRY FITNESS

WELCOME PACK

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PETE GAWTRY FITNESS

INTRODUCTION

Welcome to my health and fitness recipe book. Inside you will find lots of inspiring healthy, macro friendly meals all skilfully put together.

Pete Gawtry
Personal Trainer

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LIFESTYLE AUDIT

Time, without a doubt, is one of your most valuable assets. Following on from your consultation, we'll be putting together some strategies to try and manage your time better and make sure it co-ordinates around your work, social life, and personal time. We're trying to alter old habits and behaviours, the ones that didn't align with the outcome you wanted. The goal being to alter them for the ones that change that trajectory and take you towards the outcome you actually desire.

One of our primary goals is energy management. To ascertain that we need to consider:

WHAT YOU EXPEND. WHAT YOU CONSUME.

How to regulate both of those and align them with your goals.

"PRACTISE ISN'T THE THING YOU DO ONCE YOU'RE GOOD. IT'S THE THING YOU DO,THAT MAKES YOU GOOD"

NUTRITION

The goal of your nutrition is to create a sustainable pattern of dietary behaviours that culminate in a manner of eating that aligns with your physical goals. Foods have incentive value to them, taste, texture, the occasions in which we eat them.

All of these will sit within your own personal hierarchy that we've discussed. The intention isn't to force unpalatable foods down your neck to achieve a shortlived physiological outcome but to re-address your eating behaviours and habits, so we end up with a perpetual way of eating that both achieves and maintains your results.

Initially, these changes need to be minimal as we merely need to tidy up your macronutrients to ensure we have adequate calories and protein to meet the demands of your training. We also need to work together to ensure that your diet is convenient, efficient and enjoyable. This means that the acquisition and preparation of food needs to be considered at all times.

Statistics tell us that anyone born after 1976 there is a high likelihood they don't cook much. Therefore presenting you with an array of recipes and combinations of food to create yourself could be only part of a solution and in many cases dependent upon generational differences.

UNDERSTANDING ENERGY EXPENDITURE

In the balancing act of managing our energy intake vs TEF or Thermic effect of Food energy expenditure, it's important you understand what contributes to your output. As previously mentioned, this relates to the amount of energy required to digest, absorb and store food.

COMPONENTS OF TOTAL DAILY ENERGY EXPENDITURE (TEE)

Throughout the course of a day you can bracket your expenditure into two different types.

Resting energy expenditure and BMR

This accounts for more than 60% of your total energy expenditure. Even when resting, your body utilises energy (calories) by performing basic functions to sustain life, such as breathing, circulation, the processing of nutrients and cell regeneration. This is known as your basal metabolic rate or BMR.

Non-resting energy expenditure.
This is made up of three components.

NEAT or non-exercise activity thermogenesis.

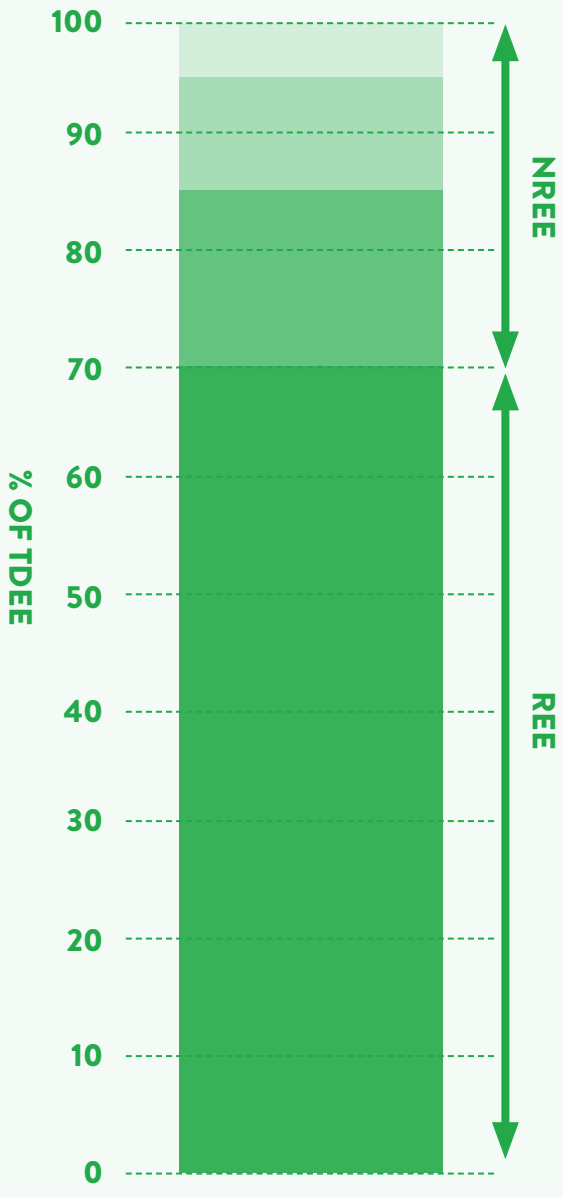
NEAT is the energy expenditure we have walking, standing, climbing stairs, fidgeting and maintaining and changing posture. Anything outside of formally planned or structured exercise falls under this category.

EAT or Exercise Activity Thermogenesis

EAT is defined as planned, structured, and repetitive physical activity with the objective of improving health. Doing sport or going to the gym falls under this category. NEAT accounts for much more energy expenditure than EAT therefore habitual daily activity and movement can contribute hugely to improving energy balance.

TEF or Thermic effect of Food

As previously mentioned, this relates to the amount of energy required to digest, absorb and store food.



Components of total daily energy expenditure

WHAT ARE CALORIES?

Calories or kilocalories (k/cals) indicate the amount of energy in an item of food or drink.

This is the energy that once digested will provide us with the fuel we need to firstly, maintain normal bodily functions such as breathing, digestion and regeneration and secondly, to fuel the exercise or activity we choose to do beyond that basal requirement. Depending on the source of the calorie it may also provide us with an array of critical nutrients such as dietary fibre, amino acids, antioxidants and dietary vitamins and minerals.

We obtain calories from three primary sources within our diets. What we term commonly as macronutrients. Each of which contains a given amount of energy per gram.

CARBOHYDRATES: CONTAIN 4 K/CALS PER GRAM

PROTEIN: CONTAINS 4 K/CALS PER GRAM

FATS: CONTAIN 9K/CALS PER GRAM

We also mustn't forget about alcohol for those of you that consume it. Alcohol is made through the fermentation and distilling of natural sugar or starch so also contains calories. 7k/cals per gram to be precise.

ARE ALL CALORIES CREATED EQUALLY?

When it comes to the laws of thermodynamics the answer is yes.

A unit of energy is a unit of energy so when it comes to controlling and regulating someone's caloric intake for compositional purposes, the numbers count. This is when we can talk about calories in (what we consume) vs calories out (what we use) being the major determining factor in someone's compositional change.

At this stage it's good to understand the thermic effect of food (TEF). The thermic effect of food refers to the energy required for digestion, absorption, and disposal of a given nutrient following ingestion. In essence, we need calories to break down the energy in food.

CARBOHYDRATES: 5 TO 15% OF THE ENERGY CONSUMED

PROTEIN: 20 TO 35%

FATS: AT MOST 5 TO 15%

So if you were to consume 100 k/cals of Protein you would use up 20-35 k/cals digesting, absorbing and disposing of it.

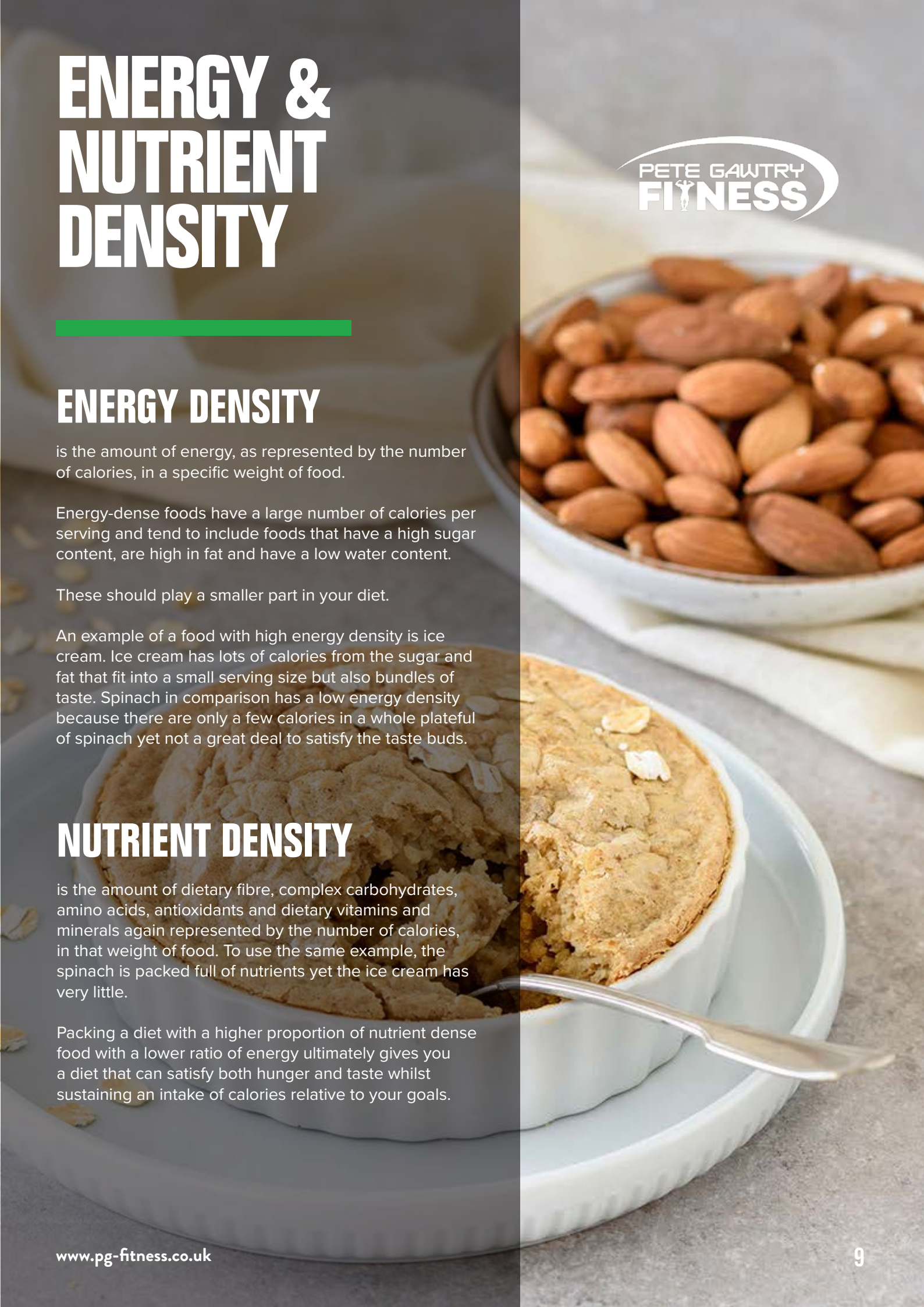
Altering your body composition is a process that takes a fraction of your lifetime therefore foods devoid of critical nutrients are quite often negated in this process. You can in essence lose body fat by consuming anything you want provided the calories in are less than the calories being used.

It is, on paper, just a matter of managing energy balance.

The consumption of a high proportion of foods that are devoid of critical nutrients, the aforementioned dietary fibre, amino acids, antioxidants, dietary vitamins and minerals make managing energy balance much harder for a multitude of reasons which we will cover in the coming pages.

These types of foods are often termed as empty calories for the reason they have very little nutritional value outside of energy.

ENERGY & NUTRIENT DENSITY



ENERGY DENSITY

is the amount of energy, as represented by the number of calories, in a specific weight of food.

Energy-dense foods have a large number of calories per serving and tend to include foods that have a high sugar content, are high in fat and have a low water content.

These should play a smaller part in your diet.

An example of a food with high energy density is ice cream. Ice cream has lots of calories from the sugar and fat that fit into a small serving size but also bundles of taste. Spinach in comparison has a low energy density because there are only a few calories in a whole plateful of spinach yet not a great deal to satisfy the taste buds.

NUTRIENT DENSITY

is the amount of dietary fibre, complex carbohydrates, amino acids, antioxidants and dietary vitamins and minerals again represented by the number of calories, in that weight of food. To use the same example, the spinach is packed full of nutrients yet the ice cream has very little.

Packing a diet with a higher proportion of nutrient dense food with a lower ratio of energy ultimately gives you a diet that can satisfy both hunger and taste whilst sustaining an intake of calories relative to your goals.

NUTRITIONAL CONSIDERATIONS

When it comes to food you regularly consume you need to consider the following:

TASTE

The sense of taste is one of the most important human senses

The experience of flavour of food or drink, arises from the integration of multiple sensory cues, including odour, taste, temperature, and appearance.

The food and drink we consume need to be perceived as appealing and not just as satiating; taste quality is therefore critical in any type of long term dietary compliance.

Sensory pleasures from the taste of foods have been shown to be a major determinant of food intake: Foods that satisfy taste contribute not only to a greater eating experience, but also to a greater sense of satiation and satiety. Research indicates that in addition to a food's nutritional composition, its taste, smell, texture, temperature, colour and appearance all affect its impact on satiety.

The first challenge we have here is that a large amount of manufactured and processed foods, inclusive of alcohol have further empty calories added to them in the form of sugars and solid fats to make them more enjoyable, the level of satiety lowers whilst energy density increases. All reviewed studies have shown that there is an increase in intake as palatability increases.

The second challenge is that many people lack the culinary skills required to enhance the appeal and taste of the foods they prepare therefore food convenience is a factor and one that must be catered for.

SATIETY

Satiety is the term used to explain the feeling of fullness and suppression of appetite that happens after eating a specific food or combination of food. Food with a high level of satiety will help prevent overconsumption because, well, it makes you feel full.

Filling foods, or foods with a high level of satiety tend to have one or more of the following characteristics:

HIGH IN PROTEIN: Research shows us that of all the macronutrients, protein is the most satiating.

Consumption of protein also has a positive impact on the levels of several hormones that impact satiety.

HIGH IN FIBRE: Fibre provides bulk and slows down digestion and the emptying of the stomach. This in turn helps you feel fuller for longer.

HIGH IN VOLUME: Some foods contain a lot of water or air. This may help with satiety as well. These are typically foods with a lower energy density

LOW IN ENERGY DENSITY: This means that a food is low in calories for its weight. Foods with a low energy density are very filling. They typically also contain a lot of water and fibre, but are low in fat. Soups, stews, pasta and rice, and foods that are naturally high in water and fibre, such as fruit and vegetables.

PROCESSED FOODS

Foods that are processed are typically less filling than whole, unprocessed foods for the reason that it fails to meet many of the above characteristics or has even in some cases been stripped of them. Manufactured foods including alcohol have further empty calories added to them in the form of solid fats and sugars to make them more enjoyable.

This is why when you ask people what the foods they typically over-consume are, they will almost always contain high amounts of solid fats, added sugar such as sucrose or high-fructose corn syrup or a combination of both. This is why fats and sugars are often wrongly stigmatised and very loosely bracketed.

When hungry we will seek foods that have a high energy density (more calories) but low nutrient density (less nutrients) as they will fix the problem of immediate hunger and potentially low blood glucose much quicker. We will also tend to over-consume them because they have low satiety and a high degree of taste.

A 2000 k/cal diet using whole, unprocessed foods is much easier to maintain than one using processed variants. Due to the critical nutrients that will also be ingested your willingness and desire to ‘move more’ will also undoubtedly be increased.

UNDERSTANDING FOOD LABELS

All nutrition information is provided per 100 grams of the product and often, it will also be presented per portion of the food product too. It is generally best to calculate the macronutrient percentages using the per 100 grams values as the suggested portion may not be reflective of the serving size you choose, and you may end up consuming more than you had planned or realised.

'ENERGY' – the amount of energy in a food or drink is measured in calories. On food labels, the calorie content is given in kcals and kJ, which are short for kilocalories and kilojoules. Kilojoules are the metric measurement of calories.

'CARBOHYDRATES' – Carbohydrates are made up of three components: fibre, starch, and sugar. This statistic is inclusive of all three types. Fibre and starch are complex carbs, while sugar is a simple carb. Depending on how much of each of these is found in a food determines its nutrient quality and nutrient density. Look for foods with more starch and more fibre.

'SUGARS' – 'OF WHICH SUGARS' refers to how much of the carbohydrate content of the food or drink comes from sugars (the rest being from starch). 'Total sugars' is declared on food labels, this could include both the sugars naturally present in whole fruit and milk. This requires a look at the ingredient list to help ascertain if this is added or part of a component ingredient.

'FAT'– this includes different kinds of fat - both saturated fat and unsaturated fat. By looking at 'of which saturates' you can calculate how much of both make up the total. Most solid fats are high in saturated fats and/or trans fats and have less monounsaturated or polyunsaturated fats.

'PROTEIN' – this is the total protein content of the food. Not only is protein hugely satiating but the body needs protein to grow and repair itself.

'SALT' – The term 'salt' on food labels includes all the sodium in a food. While most sodium comes from salt (sodium chloride), some can be naturally occurring in food. It can also come from raising agents and additives.

'SERVING SIZE' AND 'SERVINGS PER CONTAINER' – This gives you an insight into the foods energy density by offering the weight of a single serving (g) alongside the number of servings in the container. The serving someone may choose to use may not be reflective of the proposed serving size.

Per serving, per 100g and % RI

OTHER USEFUL INFORMATION YOU MIGHT NEED

You may also find useful values for:

'FIBRE' – Fibre helps to keep our digestive system healthy and helps to prevent constipation. Your daily target is 30g of fibre per day. Remember that nutrient dense and filling foods have loads of fibre typically.

'STARCH' – Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, they contain fibre, calcium, iron and B vitamins. Wholegrain varieties of starchy foods and potatoes – particularly when eaten with their skins on – are good sources of fibre.

'MONO/POLY-UNSATURATED FATS' – These are what are deemed as 'healthier' fats and should be incorporated into your daily eating patterns.

Monounsaturated Fat

Sources of monounsaturated fat include:
Avocados
Almonds, cashews and peanuts
Cooking oils made from plants or seeds like canola, olive, peanut, soybean, rice bran, sesame and sunflower oils.

Polyunsaturated fat

Sources of polyunsaturated fat include:
(both omega-3 and omega-6)
Fish
Tahini (sesame seed spread)
Linseed (flaxseed) and chia seeds
Soybean, sunflower, safflower, and canola oil, and margarine spreads made from these oils
Pine nuts, walnuts and Brazil nuts.

'POLYOLS' – Polyols, also called sugar alcohols, are used as food ingredients to replace sugar in many sugar-free and reduced-calorie foods and beverages. In some people, excessive consumption of polyols may cause gastrointestinal distress.

VITAMINS OR MINERALS

If the food has what would be deemed as a significant contribution of vitamins or minerals it can be listed and if the food is fortified (extra nutrients added) these also need to be listed.

INGREDIENT LISTS

Food labels will also have a list of ingredients found in the product. Ingredients are listed from greatest to smallest by weight, so the main ingredients in the packaged food will always be listed first.

Using the first three ingredients gives us a good idea of the constituents of a product but in many cases you will need to understand some of the names better:

These are other names you may find for added fats and sugars:

Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Other names for added sugar:

Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

THE TRAFFIC LIGHT SYSTEM

Found on the front of products, the traffic light system is a voluntary government scheme. Using a combination of colour coding and nutritional information it enables the consumer, at a glance, to see whether it is high (red), medium (amber) or low (green) in fat, saturated fat, salt and sugars, and how much energy (calories and kilojoules) it provides.

It also provides a percentage of an adults reference intake.

This information will be written per 100g/100ml, per portion or both.

When comparing foods, selecting a majority of amber and green in your diet typically means that nutrient density and satiety are both increased per unit of consumed energy.

Pay close attention however to the serving size as it can be misleading in some cases.

FAT

High in fat: more than 17.5g of fat per 100g
Low in fat: 3g of fat or less per 100g

SATURATED FAT (SATURATES)

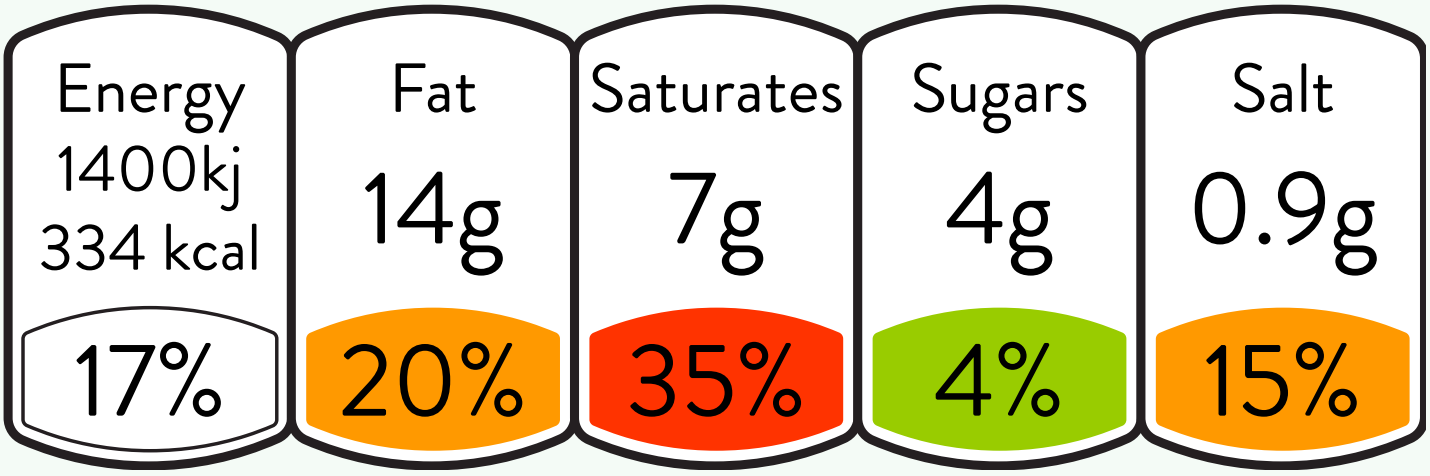
High in saturates: more than 5g of saturates per 100g
Low in saturates: 1.5g of saturates or less per 100g

SUGARS

High in sugars: more than 22.5g of total sugars per 100g
Low in sugars: 5g of total sugars or less per 100g

SALT

High in salt: more than 1.5g of salt per 100g
Low in salt: 0.3g of salt or less per 100g



HOW CAN WE HELP?

HOW MANY CALORIES DO I NEED?

Calculating your energy requirements, especially when you are trying to lose or maintain weight is important. We will more than happily assist you with ascertaining your daily energy requirements.

ACQUISITION & CREATION OF FOOD

For many people food will be acquired in different ways. Statistics tell us that if you were born after 1976 there is a high likelihood you don't cook much. Presenting you with an array of recipes and combinations of food to create yourself could be only part of a solution.

Not only do you perhaps lack the skills to create it but also the skills to make what you prepare tasty and therefore part of a sustainable plan.

If you do possess those skills, great, we will happily provide you with ideas and recipes to make your diet more satiating, nutritionally dense and in alignment with your goals.

If you don't we will also assist you with the acquisition of food. Taking into consideration where you eat, when you eat, who you eat with, the time you have to eat, your budget and where you get your food from.

We will help you with the planning and logistics of whichever approach or approaches you choose to adopt.

Contact us for more details.

CAFFEINE MANAGEMENT

For many of you caffeine will play a role in your day to day life.
The key with caffeine lies with the strategic management of its use.

HOW IT WORKS

When we consume caffeine, our stomachs and small intestines quickly absorb the caffeine with maximum effects usually occurring between 30-60 minutes of consumption, with a little individual variance.

After being absorbed, caffeine crosses the blood-brain barrier and blocks adenosine receptors. Adenosine being a sleep-promoting chemical that we produce during our waking hours, it increases sleep urge steadily throughout our day until we eventually fall asleep. Caffeine creates its effect by blocking this chemical reaching the relevant brain receptors.

The challenge being that caffeine interferes with circadian melatonin rhythms, delaying the onset of sleep if consumed too late in the day. As a general rule any caffeine consumed after the first third of your day (8 hours) is likely to have a disruptive impact. Effecting physical recovery, memory consolidation and all the good stuff that sleep gives us.

It impacts the onset of sleep and reduces our sleep time, efficiency, and satisfaction levels. Reduces our alertness when we wake. Can lead to sleep deprivation the following day often characterised by fatigue. Injury risk accumulates, skill acquisition declines and problems with learning, memory, problem-solving, and emotion regulation all arise. All things you don't want to happen. So, as general rule, your source of caffeine isn't important, just that you manage your intake.

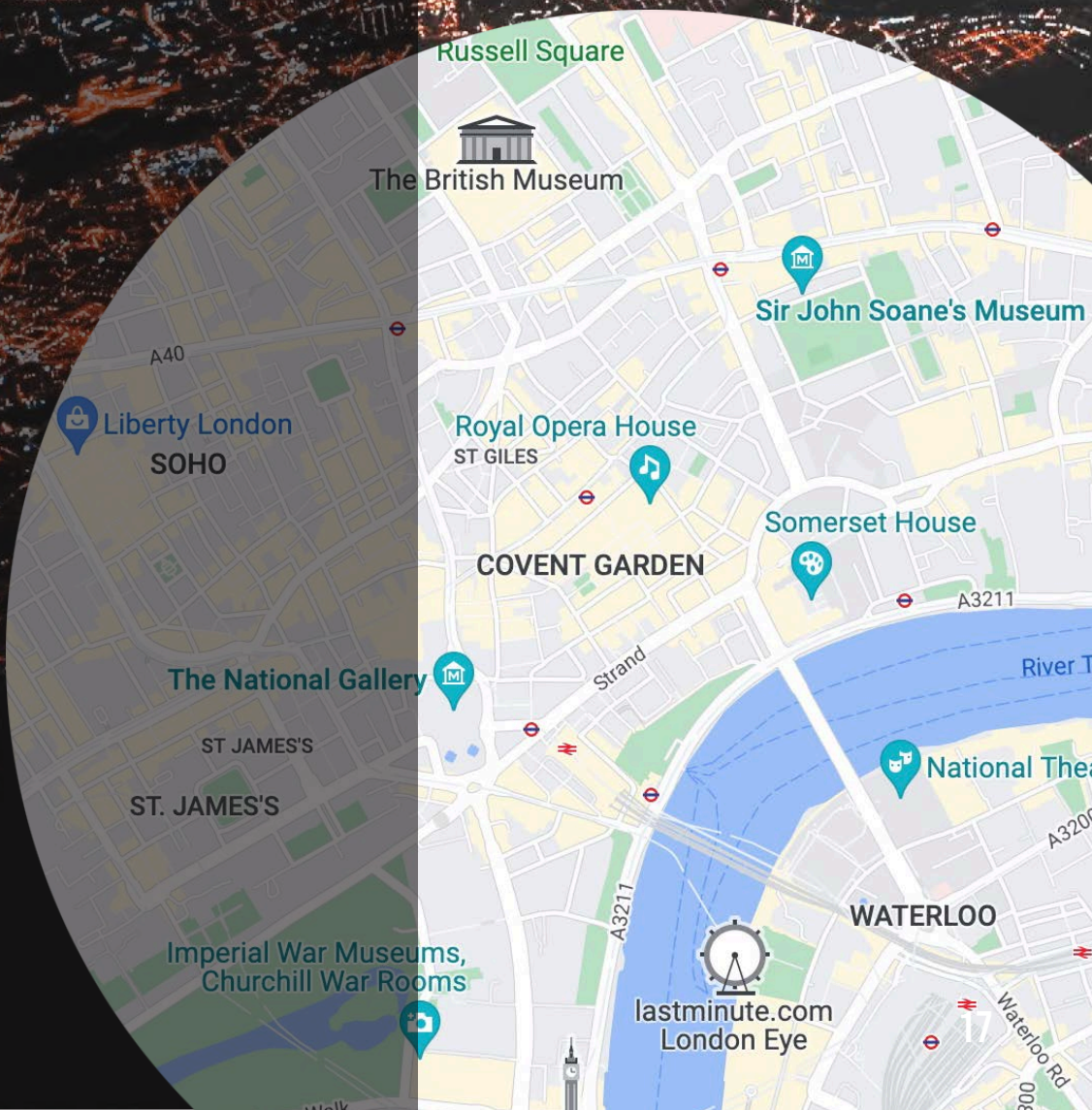
Reserve the use of this tremendous psychoactive substance to the early hours of your day. If you suffer from the side effects often accompanied with caffeine use, take it with some theanine for some increased focus. Paired with caffeine, theanine has been shown to allow caffeine to work its brain-boosting charm without letting it raise your blood pressure or induce anxiety. A 2:1 ratio works well.

GEOGRAPHICAL AUDIT

Your environment plays a large role in your food choices.

As mentioned earlier in the guide, acquisition plays a large part and our food environment. By auditing the area surrounding both where we live and work, we can put a plan together of what's available and how to navigate that particular food environment.

The commercial eateries that might be frequented as part of our habitual behaviours, the supermarkets we typically use to stock our refrigerators, freezers and cupboards. All playing a role in our overall consumption. Assisting you with this navigation is part of what we offer you as a service and is critical to your overall success.



HYDRATION

70% of your body is made up of water. If we want to function and recover properly following any training session, we must first have proper fluid balance inside and outside of the cells. Dehydration occurs when more water and fluids leave the body than enters it. What is commonly termed as fluid balance.

FLUID BALANCE ENSURES

- Transport and movement of oxygen
- Maintaining blood volume
- Transporting glucose, oxygen and nutrients into your muscles.
- Digestion of food, helping to convert it to energy you can use.
- Removing metabolic by-products like carbon dioxide from your hard-working muscles.
- Thermoregulation, especially during workouts when muscles can generate 20 times more heat energy than at rest.

WHAT TO DRINK

No need to label any type of drink as “off limits,” but nutritional value does vary so how we hydrate is important. “Eight glasses of water a day” isn’t supported by any scientific evidence, but it’s still a reasonably good rule of thumb and great target to aim at.

Other great targets:

- Drinking when you’re thirsty
- Sipping, not guzzling
- Making sure we have access to fluid at all stages of our day.
- Having a glass or two of water with meals
- Remembering that all types of water (plain, sweetened, carbonated) count towards your water intake

All plain water is good for you, but filtering water removes substances that could negatively impact our health. If plain water is too boring, sweetened varieties can work but be wary that some may cause some gut upset due to the type or volume of sweeteners used. Infuse: Try adding berries, cucumber, citrus fruits, herbs, and/or ginger to your water to infuse it with natural flavour. When it comes to caffeinated coffee or tea take onboard the previous points about caffeine and limit intake later in the day unless it’s a decaffeinated variety.

ALCOHOL

No one actually knows whether drinking any amount of alcohol is actually good for us. Certain types of drinks we know come with some health benefits but these are limited. Too much alcohol is absolutely and categorically harmful and can significantly impact recovery in any training population. It’s recommended by the NHS to drink no more than 14 units of alcohol a week, spread across 3 days or more. That’s around 6 medium (175ml) glasses of wine, or 6 pints of 4% beer. There’s no completely safe level of drinking, but sticking within these guidelines lowers your risk of harming your health.

HOW HYDRATED ARE YOU?

Certain vitamin supplements and medication can change the colour of your urine.

YOU'RE WELL HYDRATED

DRINK A GLASS OF WATER

YOU NEED 1-2 GLASSES OF WATER

YOU NEED 2-4 GLASSES OF WATER

YOU NEED MORE THAN 4 GLASSES OF WATER OR EVEN TO SEEK MEDICAL ATTENTION

PEE CHART
PALE YELLOW
STRAW
GOLDEN YELLOW
GOLDEN ORANGE
PALE AMBER
AMBER
RICH GOLDEN AMBER
COPPER BROWN
ORANGE BROWN
MID BROWN
RUBY BROWN

EATING OUT

Negotiating your nutritional landscape is of critical importance. The number of people eating out and ordering in, is increasing year on year whilst home cooking is in rapid decline.

In todays hectic lifestyles eating out or ordering in provides the path of least resistance.

- **Planning meals takes time.**
- **Shopping takes time and preparation.**
- **Preparing and creating food takes time and cooking skills that many may not have.**
- **Serving and cleaning up takes time.**

Despite the financial incentive of preparing your own food, often the conflicts to doing so outweighs the benefits.

Fully appreciative of these facts this information is put together to help you navigate EATING OUT, or of course, ordering in. We have featured some of the beacons of the British high street with a focus on healthy and calorically sound choices. We accept that some of these places might not be for you, but the ones that are we hope will assist you in your choices.

GENERAL GUIDELINES

Eating out or ordering in is something that once was perceived as a treat or an indulgence so for many of us it is already established in our brains as an overeating trigger. Despite the number of better choices now available many people still resort to their indulgent choices or those that they would associate with socialising, weekends or relaxing.

Ordering in or eating out has a certain ‘exhale’ element to it so we become more relaxed about everything. If eating out or ordering in is a regular habit or behaviour even just a marginal improvement can make a huge difference to your overall health and caloric intake. The aim is to find dishes that have low to moderate energy density with an accompanying high level of nutrient density. Characteristics that will give you tasty and satiating (filling) choices.

Throughout the guide we will also emphasise sources of lean protein which will help balance your blood sugar levels and up satiety alongside lots of vegetables. Remember that it still comes down to overall calories consumed so although many of the choices we’ve indicated are more conducive with a more traditional dietary structure, the higher calorie choices may also fit into any calorie-controlled plan.

SOME SIMPLE RULES TO FOLLOW

DRINKS

Water or low/ no calorie soda will almost always be your best option. Although it may be tempting to drink one of the 'healthy' green juices often offered these often pack a load of calories on top of your main meal. Tread carefully with them.

SODIUM

Adding salt and sugars is a standard practice in cooking to add taste. As is adding fats. Sadly the tastiest and often best selling dishes often fail us on the calorie and health fronts for these reasons. Be wary of adding salt to your food before you've tasted it. For many of us this habitual behaviour is just something we do. The UK recommendations for salt intake is 6g daily for an adult.

STARTERS & DESSERTS

Part of the association with eating out is the 'indulgent' aspect. Adding a starter, dessert or extras to your meal is often the undoing of what could be a respectable, filling and healthy meal. Keep these additional plates to 'occasions' as opposed to being a staple.

BE AWARE OF YOUR TRIGGERS

Overeating triggers can come in the form of the people you eat with or around, physical environments, or even emotions. Try to become aware of those triggers and in some cases rather than trying to muster all your willpower and discipline to avoid overeating in these circumstances, try avoiding the trigger completely so the temptation no longer exists.

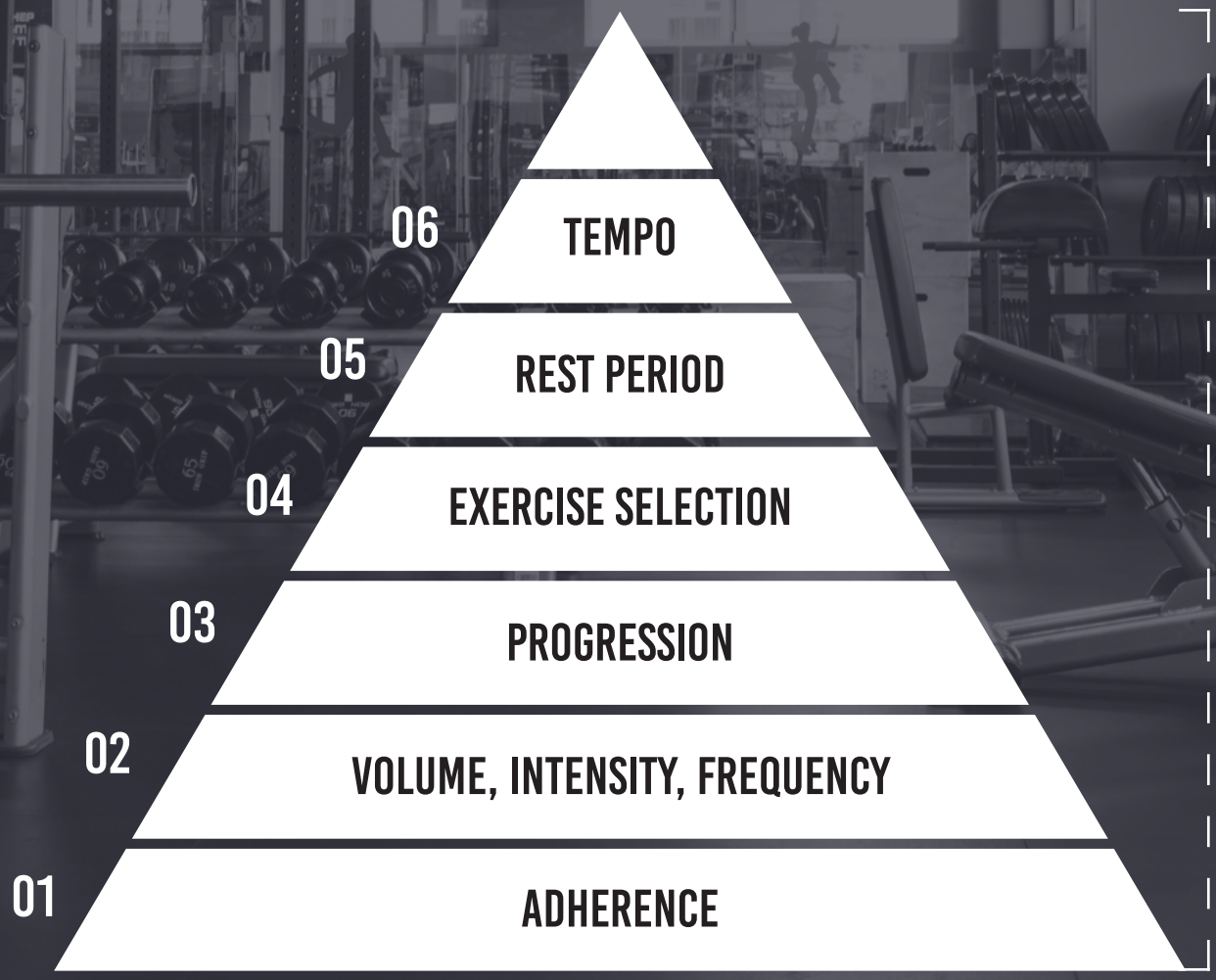
TRAINING

Your training regime is based on your physical goals. It's also designed to keep your body balanced and functioning correctly. Each exercise and the parameters in which those exercises sit have been carefully considered based on the goals you've outlined.

The training pyramid by Dr. Eric Helms is the most comprehensive evidence-based and practical approach for any training program.

The foundations of the pyramid form the basis on which training programs are built, each concurrent tier indicating its priority within a training program. There are certain circumstances in which this order might be manipulated but in general this will be the priority order most plans will take.

MUSCLE & STRENGTH TRAINING



ADAPTED FROM THE MUSCLE & STRENGTH PYRAMIDS - ERIC HELMS, ANDY MORGAN & ANDREA VALDEZ

UNDERSTANDING TRAINING PLANS

MOVEMENT

Down the left-hand side of your program, you will see blocks of exercises accompanied by letters and numbers.

A, B1, B2 etc.

If the same letter has more than 1 number after it, then it means it's performed on a superset basis, for example

A1 Bench press
A2 Squat
B1 Dumbbell press

The bench press and squat will be done in a paired fashion until the required sets are completed, then you move onto the 'B' series and complete the dumbbell press and so on.

MOVEMENT PARAMETERS

Movement parameters are referring to the elements you will see as REPS, WGT and you will also see two other cells that will have a four-figure number we will discuss in a moment, and the other will have a time indicated in it.

SETS

Although not written this will be indicated by the number of rows you have per exercise. Each row is indicating a set. A set is one series of repetitions followed by a rest period before commencing the next set. Five rows will indicate five sets.

REPS (Repetitions)

This indicates how many times you will go through the lifting (concentric) and lowering (eccentric) phase of a movement. This may be a single number or indeed a range of numbers. The goal is to hit the total number of target repetitions.

WGT (Weight)

This is how much weight you will use for the movement. This could be a dumbell, the amount of weight on a bar or how much you place on a cable stack. This weight is largely dictated by the previous parameter.

TEMPO

You may see tempo in your program. This gives us a clear way to control one of the skill elements of lifting. Speed. Tempo will be indicated by either three or four numbers. The four numbers translate into the way and speed you lift.

Using a bench press as an example on a four number tempo structure.

- 2-second on the eccentric phase as you bring the bar to your chest
- 1-second pause on the chest
- 2-second concentric phase pushing the bar up to the starting position in a controlled fashion without using momentum or stretch reflex from the tendon/joint
- 1-second pause or contraction at the top to re-brace the body for the next repetition.

If you see a 0 or an X that would indicate to move the weight as fast as possible.

Using the same example on a three number tempo structure.

- 2-second on the eccentric phase as you bring the bar to your chest
- 1-second pause on the chest
- 2-second concentric phase pushing the bar up to the starting position in a controlled fashion without using momentum or stretch reflex from the tendon/joint

Again if you see a 0 or an X that would indicate to move the weight as fast as possible.

The three-number format simply disregards the pause or contraction at the top. Either format may be used and will depend on a number of factors as to its use.

If you see a 0 or an X that would indicate to move the weight as fast as possible.

ABBREVIATIONS

Within your program, you may see some abbreviations used. These indicate the use of a special technique in addition to the base parameters the exercise will have.

MF or TF

At times the program may refer to mechanical or technical failure. Mechanical failure (MF) will indicate you simply can't move the weight anymore. Technical failure (TF) means you cannot move the weight unless you compromise or complete the lift with poor technique.

DS (Dropset)

This means that when you complete your repetitions or come to either mechanical or technical failure, you will lower the weight so you can complete more repetitions.

FR (Forced Reps)

This requires ideally a training partner or assistance from another party. Again, once you come to either mechanical or technical failure a partner will assist you on the lifting portion (concentric) while you continue to complete the lowering of the lift (eccentric).

RP (Rest Pause)

Here, again when you reach either mechanical or technical failure you will put the weight down and take a short 10-15 second rest before attempting to complete further repetitions.

AMRAP (As many repetitions as possible)

Quite simply do as many repetitions in that set as you can driving for mechanical failure.

It's a good habit to get into when logging your workout to note MF or TF if you reach either mechanical or technical failure.

THE WORKOUT

The main thing is that you **WORK HARD!**

If, once the workout is structured you have any challenges with the exercise selection such as equipment or availability, there are plenty of alternatives as we're primarily working movement patterns here.

If you feel technique is something you're struggling with feel free to bring this up and it can easily be addressed.

TRACKING PROGRESS

Whatever method we choose to track your progress whilst working together there are a number of considerations.

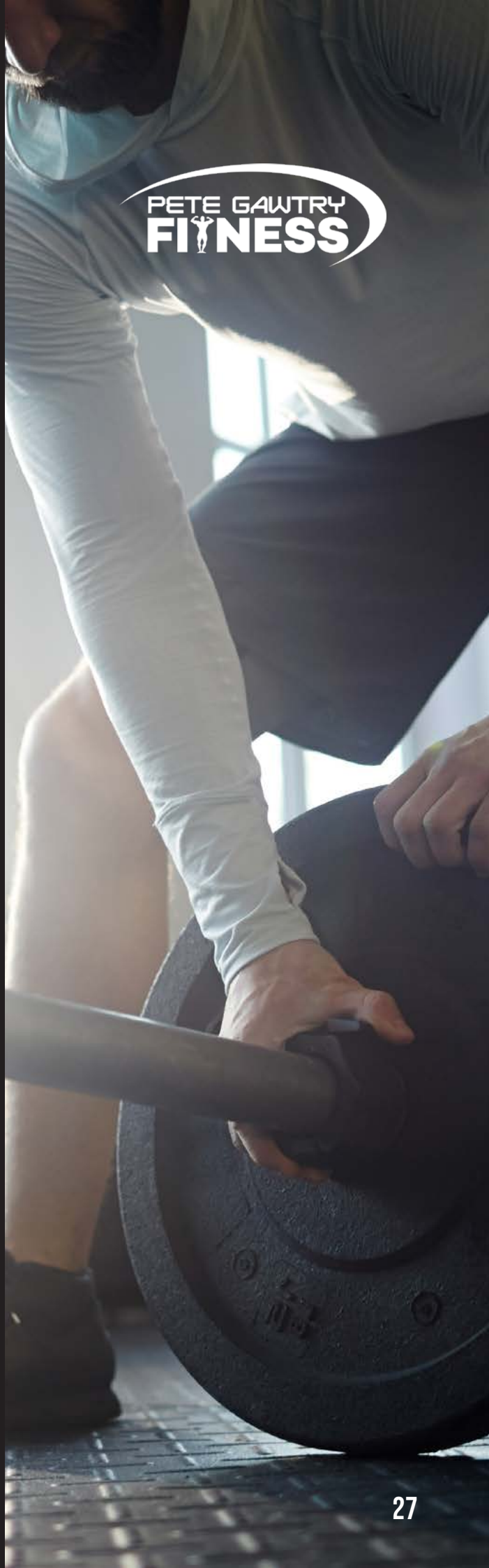
WEIGHT FLUCTUATIONS

Daily weight fluctuation is normal. The average adult's weight fluctuates up to 2-3kg per day. It all comes down to what and when you eat, drink, exercise, and even when, and for how long we sleep. Scale weight is the mass of an object, composition is what that object is made up of.

SHORT TERM, IT'S THE RESULT OF FOOD OR WATER INTAKE

Your weight, when it comes to composition of muscle vs fat is determined by the number of calories you consume compared to the number of calories you burn over extended periods of time. Daily fluctuations aren't a result of gaining significant amounts of either of these things.

Eating a calorically balanced and healthy diet will ensure long term stability and improvements in composition, short term consistency or repetition of the exact same foods and fluids is the only way to ensure somewhat stable patterns of scale weight. None of us really work that way and dietary variance is a huge part of long term compliance so understanding this weight 'flux' is a critical part of you maintaining motivation and not thinking progress is moving the wrong way.



SODIUM, CARBS, ALCOHOL AND CALORIES

Food high in salt and carbohydrates will cause your body to retain higher levels of fluid than usual. Given that the more hyper palatable foods often contain both of these components it's not unusual to see a rise in total body weight following consumption.

No matter what the caloric content of any food or beverage is, all of it weighs something. If you eat a kilo of food you will weigh a kilo more until your body digests that food, absorbs what it needs and disposes of the waste. Foods low in fibre, high in carbohydrates, sodium, and fat take our body longer to process and expel through waste.

Alcohol isn't processed the same way as other food and drink, so it can take longer for your body to eliminate. It also slows the digestion of actual food,
which can lead to fluid and weight retention.

TRAINING, MEDICATION AND MENSTRUATION

All factors in weight flux. Training can influence fluid levels significantly and therefore scale weight.

When you exercise regularly, your body stores more glycogen to fuel that exercise. Stored in water, glycogen has to bind with water as part of the process to fuel the working muscles. That water adds a small amount of scale weight, too. Conversely, the depletion of muscle glycogen causes a reduction in weight, hence the popularity of low carb diets to manipulate that number. Our ability to train effectively day after day depends in large part on adequate restoration of muscle glycogen stores, a process that requires the consumption of sufficient dietary carbohydrates and ample recovery time.

Some medications cause your body to retain water, increase your appetite, or even alter your metabolism. If you think your medication is affecting your weight, make an appointment with your GP. They can help you determine and understand the reason for fluctuation and discuss your options moving forward.

Menstrual cycles can also cause your body to retain more water during certain times of the month, resulting in a slight weight gain. Base weight may be notably is a bit higher than normal on the first phase of a menstrual cycle.

Understand that weight loss or weight gain will never be a linear process. There are adaptive processes at every stage that will cause this scale weight number to fluctuate.

PETE GAWTRY FITNESS

WELCOME PACK

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