

KICKSTARTER GUIDE **GET LEAN**



MINDSET



1. BE PREPARED TO CHANGE HOW YOU EAT

Focus on getting your food right. Remember the old saying you can't out train a bad diet, this is unbelievably true. Our bodies are very well adapted to storing energy as part of our evolutionary history. Training is a great stimulus, but you need to change your diet (food and drink) for sustained success.

2. BE COMMITTED TO LIFELONG HABIT

If you're overweight, your new habit is forever, there is no going back. Your current approach is not working for you, so you need to make some deep changes to create sustainable change. Dieting is an illusion and will keep giving you bad results or the yoyo effect.

3. THE LEANER YOU GET THE BIGGER YOU MAY LOOK

If you're not overweight but you want to build muscle and also get leaner, try getting leaner first as a lot of the people we have worked with enjoy the bigger illusion that being leaner delivers.

TRAINING



4. DO SPRINTS OR HIT

Sprint training in all of its forms delivers by far the best results in terms of kcal burn, hormone optimisation and ease to fit it into your lifestyle. Yes it is hard, but don't kill your self from the start. Starting with one round and build up over time. This will make you consistent and consistency is king.

5. LIFT WEIGHTS

We don't really need to say it. Lift weights regularly in your program. Weight training in all of its forms provides the most bang for buck. Try different methods but at least twice weekly to begin with.

6. DON'T OVER TRAIN SO YOU GET HUNGRY

Over training is something we are starting to see more and more of. Every 3-4 weeks give your body some time to regenerate. After your de-load you will only come back harder and your body will be fresh and ready to go. Train hard, rest just as hard.

NUTRITION



7. CONSUME LESS KCALS & TAKE DATA

Energy balance work is the best place to start if you're overweight. There are two methods.

- 1) Using science like www.myfitnesspal.com is the best place to start
- 2) Keeping it simple, cut something out of your diet, a certain energy dense food like bread or a meal.

9. LIMIT YOUR ALCOHOL INTAKE & DRINK MORE WATER

Alcohol contains just as many kcals as fat and they also come in liquid form so are a double wammy. Moderate how much you drink and when you do drink stick to red wine or spirit and slimline mixers. Try and do periods of not consuming alcohol where possible. Also the signal for hunger and for thirst are very similar in the body. Therefore the more water you drink the better your results you will be.

10. USE EAAS

Essential amino acids preserve muscle mass and mean that in a calorie deficit the body doesn't burn through precious muscle. Make sure you use a powerful EAA supplement like amino water during every workout to use fat as your main fuel and preserve muscle which is the engine.

WHAT ARE YOU WAITING FOR? GET TO WORK!

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