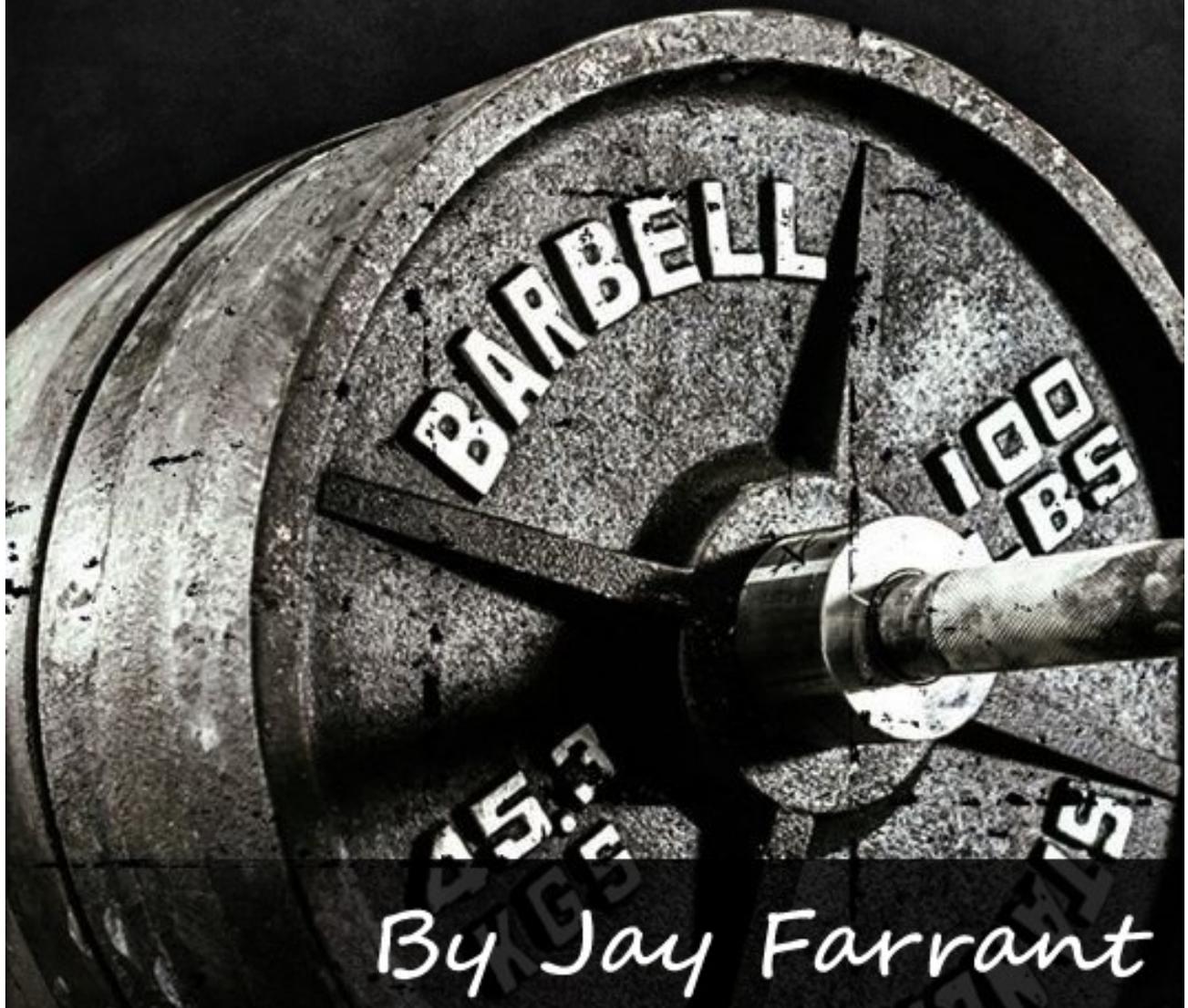


B2B

BACK 2 BASICS

TAKING THE COMPLICATION
AND CONFUSION OUT OF
TRAINING AND NUTRITION



By Jay Farrant

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Chaper 1 – Introduction

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Nothing in life is easy that's worth getting , that doesn't mean we shouldn't go get it .

About Me

My name is Jay Farrant and I am a Personal Trainer from Dublin. During my time as a trainer I have come across so much bad information that I decided I had to write a basic guide to fat loss through resistance training and diet. No matter who you are or what you write you will always have critics so I have tried to keep this book as simple as possible with the hope that any trainer or coach who reads it will agree with what I'm saying or at least the majority of it.

Before I became a personal trainer I was a Physical Training Instructor with the Welsh Cavalry in the Army. After 4 years in the Army I moved to Dublin and started working with Bryan at the ABS Gym. During this time I have trained 100's of clients with many different goals.



I have trained many people seeking fat loss and have also trained clients to go on and compete in physique competitions with success.

I also compete and in 2011 I entered my first physique competition in the Fitness Star Model Search World Championships in Toronto, Canada. I placed 3rd at this event. I will be competing again this year in the level II class and will be training a small team to compete as well.

About Back 2 Basics

Back 2 Basics is a book that contains the basic information to help anyone achieve fat loss through exercise and diet. Not only will you develop a better body, but you will improve your standard of living by being healthier and feeling better.

The book will contain workout programs and nutritional advice to help you start resistance training. Even if you are resistance training at the moment and you're unsure if you're doing things right then this book will help. It's aimed at everyone and is designed to help you improve strength while still losing body fat.

There are many e-books out there and plenty of them will be more detailed and scientific than this. Not everyone understands the fancy words and scientific names so this book will tell you what you need to know and how to do it.

I offer a 100% Money back guarantee and will gladly refund anyone who isn't happy with this book.



Goals & Assessments

Before we start training and cleaning out the cupboards we need to begin by making goals and taking assessments. By doing this you will be able to keep track of your progress and aim for certain targets.

Goal Setting

Setting multiple goals will help you keep on track and focused. Many people achieve success then get lazy and regress. Making multiple goals should stop this from happening. Ensure your goals are realistic and achievable. If you're 100lbs overweight you're not going to get 6 pack abs in 4 weeks or even 4 months. Small achievements will lead to hitting your ultimate goal.

BACK 2 BASICS GOAL SETTING

IN THE NEXT MONTH I WILL...

IN THE NEXT 4 MONTHS I WILL...

IN THE NEXT 6 MONTHS I WILL...

IN THE NEXT 12 MONTHS I WILL...

Assessments

Having assessment's will also help keep you on track. By seeing regular progress this will keep you motivated and disciplined. I have included instructions on how to measure yourself. If you can, pay a fitness professional to take your measurements. Most personal trainers will do a skin fold assessment. Skin folds are the most accurate way of tracking progress along with pictures and how your clothes fit.

← Bust/Chest Measurement

For taking your bust/chest measurement place the tape around your back, under your armpits and across your chest at nipple level. Make sure to take up any slack on the tape, but don't pull the tape tight up against your skin. Make sure the tape is sitting straight all the way around.

← Upper Arm Measurement

For taking your upper arm measurement place the tape over your upper arm at the widest point. Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around your arm.

← Waist (Naval) Measurement

For taking your waist measurement place the tape around your back and over your naval (bellybutton). Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around your waist.

← Hip Measurement

For taking your hip measurement place the tape over your hips, the widest point of your backside and around to the front just above your crotch. Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around your butt/hips.

← Thigh Measurement

For taking your thigh measurement place the tape half way up your thigh (see picture 1 and 2) and wrap around your thigh. Make sure you take up any slack on the tape, but don't pull the tape tight against your skin. Make sure the tape is sitting straight all the way around your thigh.

Pictures

Take pictures in the morning before breakfast. Use the same camera and the same background. Do not take pictures with fake tan or different lighting. You want to make the conditions exactly the same for both before and after pictures.

You can take two sets of pictures. Take a set for yourself in underwear or swimwear. These pictures can be for yourself if you're not comfortable showing people. The next set of pictures should be in clothes that are snug fitting and show your outline. Do not wear black for these pictures. These pictures will be the ones you show your friends and family after you get in shape and look shredded :-)

Take pictures every 4 – 6 weeks. Along with your weight and other assessments.

Chaper 2 – Hormones

We all know that our body produces hormones, but many people underestimate the power and importance of them. Below I will list 5 different hormones that play a major role in physique development. Obviously there are other hormones that are important, but I have just selected 5 as I want to keep this book basic.

Testosterone

Testosterone is the male sex hormone. It's responsible for building muscle, burning fat and strength gain. Females have testosterone as well as men, but in smaller amounts. This is why men tend to have more muscle than women and women tend to have more body fat than men. The more testosterone you have the less body fat you will carry and the stronger you will be. A lot of "men" these days have low testosterone levels hence why they are skinny fat and have man boobs. Drinking alcohol regularly decreases testosterone and increases estrogen (female hormone).

Estrogen

Estrogen is the female sex hormone. Estrogen promotes fat storage around the hips, thighs and chest. Men do not want high levels of this hormone and need to keep it to a minimum. Unfortunately a lot of men have higher estrogen levels and lower testosterone levels than normal. This hormone will make you weak and will hinder anyone's progress.

Drinking products such as soy and alcohol in higher amounts will elevate estrogen and cause weight gain around the above body sites not to mention a lack of strength.

Cortisol

Cortisol is a stress hormone that is famous for eating muscle and storing body fat. People with stressful jobs, who don't sleep and consume too much caffeine tend to suffer with high cortisol levels. High cortisol levels are very dangerous and need to be controlled. If you have constant elevated cortisol levels then you can practically guarantee you will not lose body fat and make progress with your physique.

A few ways to help lower cortisol levels are to perform regular resistance training, sleep 8-10 hours, decrease caffeine intake, perform short workouts, limit aerobic exercise and chill the fuck out and stop stressing.

Insulin

Insulin is a hormone that controls blood glucose. Insulin will stop the burning of fat in favour of carbohydrate. Insulin is like the door opener to cells. It opens up fat cells and helps with the storage of carbohydrate. Having insulin in your body all the time is bad and you should aim to keep a stable level. Insulin isn't all bad though and has its benefits. Insulin will also drive nutrients in to muscle tissue and help with building muscle. This is why the majority of people should consume carbohydrates post training and around their strength and high intensity workouts.

High carbohydrate foods and sugary foods raise insulin. You should aim to eat foods such as sweet potato and rice around your workout once or twice a week. Having “whole grains” all the time is bad as it keeps insulin around longer when we should aim for short bursts at the right times.

Leptin

Leptin is a hormone that regulates fat burning. It's a very powerful hormone and if leptin levels are low your metabolism will come to a grinding halt along with any fat loss. Having 1–2 high carb meals once or twice a week will help keep leptin levels up and increase fat burning. These carb meals could be your post workout meals. Within 90 minutes is a good window to consume your carbohydrates as your muscles will be more receptive to carbohydrates than body fat tissue (Adipose tissue).

Chaper 3 – Macronutrients

Carbohydrates

Carbohydrate is a form of energy and nothing else. Carbohydrate when consumed is broken down in the digestion system into glucose. Glucose like carbohydrate is a form of sugar. Some carbohydrates break down more quickly than others, for example bread would breakdown quicker than sweet potato causing a higher insulin response. Even though carbohydrate is bad for fat loss and should be limited it can have its place in anyone's diet. For example consuming one or two high carb meals a week can help boost hormones and help with recovery. The problem with eating carbohydrate is it stops the fat burning process and initiates the storing process due to insulin being present.

I know people will say we need carbohydrate for “brain fuel”. This isn't true as our body can supply glucose to fuel the brain through a process called gluconeogenesis. This provides enough energy for the brain fuel, but not exercise. Our body will use up stored carbohydrate (glycogen) for exercise depending on its intensity. Our body will then fill these reserves back up via high protein and high fat consumption.

Protein

Protein is used and needed for many things such as muscle growth, muscle repair, glycogen replenishment, hair, skin, bones, hormones and most other things in our body. Protein when digested is broken down into amino acids. These amino acids are then used around the body as building blocks for the things listed above. When on a low carbohydrate diet we need to ensure we consume extra protein to make up the lost calories from carbohydrates and ensure we prevent the breakdown of muscle. If we don't consume enough protein our bodies will breakdown muscle into amino acids to make up for the lack of protein / carbohydrate.

Eating high amounts of protein will not damage your kidneys. If this was the case then we would see a pattern with people such as bodybuilders who consume very large amounts of protein due to their high muscle mass. I personally believe that eating high amounts of protein makes your kidneys stronger not weaker. Look at animals such as lions and tigers they eat plenty of protein and have strong kidneys not to mention being bad asses of the jungle.

Fat

When we say the word fat we tend to think of body fat, but in this chapter I will talk about dietary fat not body fat. Dietary fat especially saturated fat has had bad press over the last few years. With many government and company funded organisations saying it's bad for you and causes heart disease and that we should eat less fat and eat more carbohydrate. Research has shown that eating foods such as coconut oil that contain high amounts of fatty acids can actually help fight heart disease and improve your cholesterol profile.

Fat is needed to stay healthy and strong. Fat is used for things such as nervous system and cell production, not to mention the positive impact it can have on cholesterol. We have all heard of good cholesterol and bad cholesterol and eating fatty foods such as fish, steak and coconut can help improve your cholesterol and lower your bad cholesterol (VLDL + MLDL).

GOOD FATTY FOODS	BAD FATTY FOODS
Coconut Oil	Vegatable Oils
Read Meat	Cake
Olive Oil, Palm Oil	Ice Cream
Eggs (Free Range)	Sweets
Oily Fish, Fish Oils	Processed Food
Flax Seed	Takeaway food
Nuts and Nut butters	Microwave food
Avacado	Packet Food
Cheese, Butter, Cream	Crisps

Chaper 4 – Training

Traditional Cardio

Traditional cardio was once the king of fat loss training for many. Unfortunately a lot of people still believe it's effective for fat loss. Before I tell you the downside to traditional cardio let me tell you the benefits. Cardio or otherwise known as aerobic exercise, is good for your heart. Regular cardiovascular exercise will improve the strength of your heart. This is also something that resistance training provides. Another good benefit that aerobic exercise provides is the “feel good” factor. You will feel fit and great from cardio as it produces endorphins (feel good hormones) and will simply make you feel good knowing you're getting “fitter”.

Now here are the downsides to traditional cardio.

Performing constant aerobic exercise alone will result in muscle loss. You must perform some type of resistance training alongside aerobic exercise or you will waste away. If you are performing high amounts of aerobic exercise without resistance training like (marathon runners), you could even start storing fat and start gaining weight instead of losing it.

This happens because your body prefers to burn more fat than carbohydrates when performing aerobic exercise. This sounds good at first, but it's not. Your body will simply start holding on to fat more if you're constantly running or doing step classes without performing resistance training.

Lastly I will talk about expenditure. Aerobic exercise doesn't offer good returns for the time you put in. It doesn't provide any metabolic effect and can lower testosterone and promote cortisol (stress hormone). The average person performing a 40-50 minute run burns around 300 calories. That's the equivalent to a sandwich and that 300 is including the 80-100 calories you would have burnt anyway sitting in. Not only this, but the more aerobic exercise you do or the “fitter” you become the less calories you burn each time you perform that same exercise.

By the time you eat and refuel after aerobic training you will pretty much level out your calorie expenditure. Considering there's around 3000-4000 calories in 1lb of fat it's pretty rubbish value for your time.

In summary you provide no metabolic effect, no muscle gain, and burn next to no calories whilst potentially losing muscle and burning less each time. On the upside you get fit and get to dance to music on a step and buy fancy jogging shoes every 6 months whilst ruining your knee joints.

Resistance Training

You can perform resistance training in many ways. The main ways to perform resistance training is by using bodyweight, dumbbells and barbells. By performing regular resistance training you will improve your strength and grow and maintain muscle.

For those who are afraid of growing muscle and getting “big” then stop worrying. Getting big takes dedicated training and eating and doesn't happen overnight unless you take steroids or have brilliant genetics. The more muscle we have the better we look. Lean muscle mass will help with body composition giving you a leaner look. Also muscle is a great way of keeping body fat off. The more muscle we have and grow then the more calories and body fat we burn when we're not working out and simply living.

A Stronger Body

Resistance training helps protect your body by making your joints and connective tissue stronger. This will hold you in good stead when you are older as it will help with bone density.

Another great benefit of pumping iron is it helps with type 2 diabetes. By performing regular resistance training you are making your muscle more carb receptive. This means that when you eat carbohydrates your muscles will be more receptive to carbohydrates than fat tissue. If you regularly use your muscle then it makes sense for your body to shuttle carbohydrates to the muscle rather than store it as body fat.

Hormones

Resistance training promotes testosterone which as I mentioned before is good. The stronger we get the more testosterone we get and produce. Resistance training can also help with relieving stress and releases endorphins which are feel good hormones.

Metabolic Effect

Last but not least is the metabolic effect. This is another big advantage resistance training has over traditional cardio. The post effect from resistance training is a major factor in losing fat. Studies have shown that your body can burn more calories for up to 48 hours after performing resistance training. So even if you only burn a few calories in the gym just think of the after effect you get after your workout has ended.

Interval Training

Interval training is one of my favourite ways of burning fat. Interval training can be anything from sprinting up and down stairs to sprints outside. whether it's up a hill, on flat ground or just picking an exercise and performing it for short bursts while taking smaller rests in between these are all great forms of interval training.

High Intensity Interval training (HIIT) has the benefits of aerobic and anaerobic conditioning so you get the best of both training types. If you like getting outdoors and like traditional cardio then try performing interval training next time your run or go on a bike ride. 20-30 minutes of HIIT is more than enough for any person.

Sample Interval Training Methods

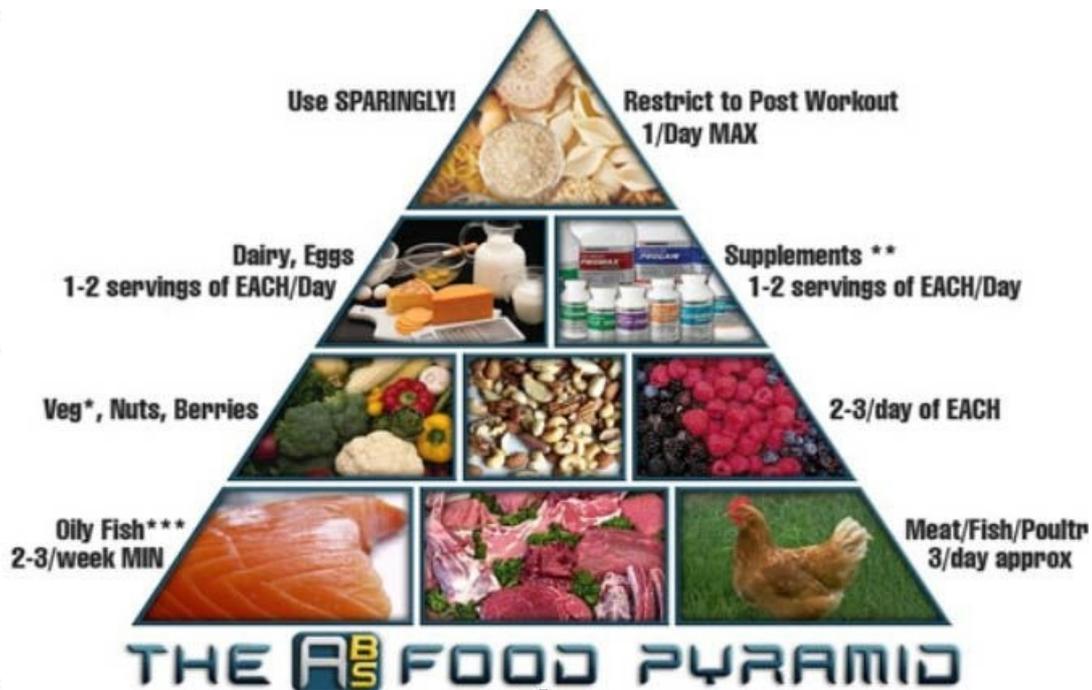
Beginner Level Interval Training

Minute 1: 20 Seconds ON 40 Seconds OFF
Minute 2: 10 Seconds ON 20 Seconds OFF 10 Seconds ON 20 Seconds OFF
Minute 3: 10 Seconds ON 20 Seconds OFF 10 Seconds ON 20 Seconds OFF
Minute 4: 10 Seconds ON 20 Seconds OFF 10 Seconds ON 20 Seconds OFF
Minute 5: 20 Seconds ON 40 Seconds OFF
Minute 6: 20 Seconds ON 40 Seconds OFF
Minute 7: 10 Seconds ON 20 Seconds OFF 10 Seconds ON 20 Seconds OFF
Minute 8: 10 Seconds ON 20 Seconds OFF 10 Seconds ON 20 Seconds OFF
Minute 9: 10 Seconds ON 20 Seconds OFF 10 Seconds ON 20 Seconds OFF
Minute 10: 20 Seconds ON 40 Seconds OFF

Intermediate Level Interval Training

Minute 1: 30 Seconds ON 30 Seconds OFF
Minute 2: 20 Seconds ON 20 Seconds OFF 20 Seconds ON
Minute 3: 10 Seconds OFF 10 Seconds ON 10 Seconds OFF 10 Seconds ON 10 Seconds OFF 10 Seconds ON
Minute 4: 10 Seconds OFF 10 Seconds ON 10 Seconds OFF 10 Seconds ON 10 Seconds OFF 10 Seconds ON
Minute 5: 60 Seconds OFF (Recovery Period)
Minute 6: 60 Seconds OFF (Recovery Period)
Minute 7: 10 Seconds ON 10 Seconds OFF 10 Seconds ON 10 Seconds OFF 10 Seconds ON 10 Seconds OFF
Minute 8: 10 Seconds ON 10 Seconds OFF 10 Seconds ON 10 Seconds OFF 10 Seconds ON 10 Seconds OFF
Minute 9: 20 Seconds ON 20 Seconds OFF 20 Seconds ON
Minute 10: 30 Seconds OFF 30 Seconds ON

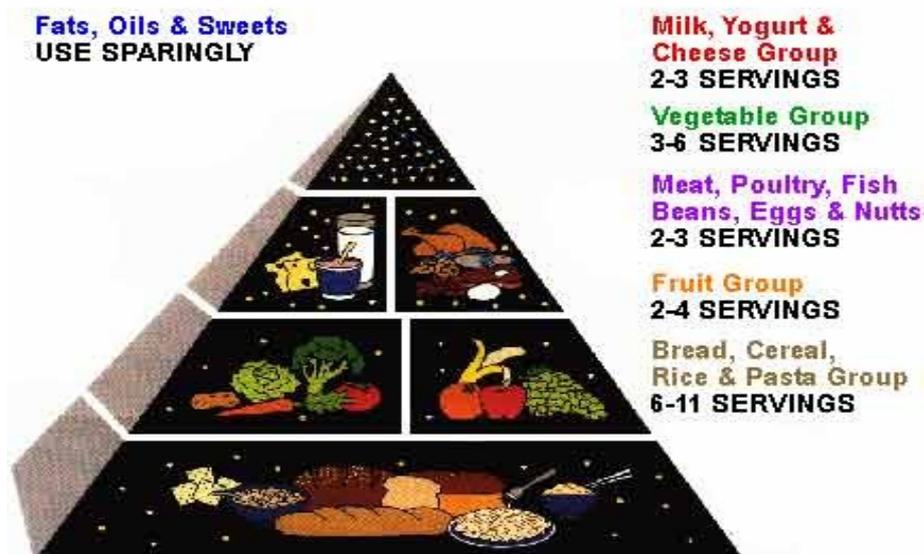
Chaper 5 – Nutrition



As you can see we have two very different food pyramids. The top pyramid resembles what we ate 1000's of years ago when we were stronger, faster and slimmer. Illnesses such as heart disease, type 2 diabetes and obesity didn't exist. Over the last 150 years we have changed our food pyramid to the one below. We are now weaker, slower and fatter and now have an obesity epidemic. People are getting fatter by the minute yet we still ignore the fact that are eating the wrong foods.

Which pyramid do you think is healthy? The high fat high protein at the top or low-fat high grain pyramid at the bottom?

The Overweight, High Risk for Heart Disease Pyramid



Back 2 Basics Nutrition Tips

- 1 - Cut all processed carbohydrates and sugars from your diet minus your once or twice a week post training.
- 2 - Cut pasta, bread and sugary drinks out of your diet.
- 3 - Limit fruit to once or twice a day and only consume berries and other low GI Fruits.
- 4 - Eat fruit only in the mornings or post workout on training days.
- 5 - On training days eat your carbohydrate meal such as sweet potato and rice.
- 6 - On training days eat your fruit.
- 7 - On non training days eat more fat and protein.
- 8 - On training days eat more chicken, turkey and fish.
- 9 - Aim to eat protein with every meal.
- 10 - Drink large amounts of water.
- 11 - Take protein pre and post workout or eat chicken/turkey.
- 12 - Take a multivitamin.
- 13 - Caffeine is your friend pre workout and in the mornings.
- 14 - You can add lemon to your water once a day.
- 15 - When eating out order food without the bread and chips. Instead ask for extra salad, meat and green veggies.
- 16 - Use olive oil or coconut oil to cook your food in.
- 17 - Have 1 day off (cheat day) every 7 - 10 days from your diet. On this day eat what you want and use it for occasions that might involve alcohol or times when you know you can't eat clean and healthy.
- 18 - Try to drink clear spirits such as vodka, whiskey, Captain Morgan's and Bacardi with diet mixers.
- 19 - Use coconut milk/flour instead of milk and normal flour.
- 20 - Use artificial sweeteners instead of sugar.

Basic Meal Planner

Nutritional Log Sheet – High Fat / Low Carb Day Non Training Day.		
Day :	Date :	
MEAL / SNACK	Time	Notes :
3-4 omega 3 eggs ham, 20-30g of cheese.	7-9 AM	
nuts, seeds, nuts Butter	10 AM	
Beef burger salad with mixed green salad.	12 PM	
Nuts, seeds, salami.	3 PM	
Fatty fish, salmon, unlimited green veggies	6-8 PM	
Natural Yogurt with protein	7-9 PM	

Nutritional Log Sheet – High Protein / Carb Day Training Day.		
Day :	Date :	
MEAL / SNACK	Time	Notes :
No breakfast or oatmeal with flax seed, berries and protein	7-9 Am	
Protein shake / eggs	12 PM	
Chicken breast with salad	2 PM	
Pre Workout - Protein Shake 20-30g	4 PM	
Post Workout – Protein Shake 20- 30g	5 PM	
Refuel Meal – Rice, chicken or turkey with greens	5-7 PM	
Sweet potato with turkey or steak	7-9 PM	

Template Meal Planner

Nutritional Log Sheet		
Day :		Date :
MEAL / SNACK	Time	Notes :

Nutritional Log Sheet		
Day :		Date :
MEAL / SNACK	Time	Notes :

Keep track of your food by keeping a food diary. This will show you what you're eating and what you're not eating. Food diaries are one of the best tools you can use in losing weight and progressing your physique.

Santa Fe Salmon Salad



Grilled salmon, crisp greens and peppers, a sprinkle of cheese and a few slices of avocado make this healthy salad something worth repeating. The flavors in this dish are so delicious there is no need for dressing.

Servings.

Here's what you need...

- 2 (3.5 oz) salmon fillets
- Santa Fe seasoning blend (2 teaspoons cumin, 1 teaspoon coriander, 1 teaspoon chili powder, 1 teaspoon dried oregano, 1 teaspoon thyme, 1/8 teaspoon clove, 1/8 teaspoon allspice, 1/8 teaspoon ground cinnamon)
- 4 cups romaine lettuce, chopped
- 1/2 cup tomato, chopped
- 1/8 cup cheese, grated
- 1/8 cup canned red peppers, finely chopped
- 1/2 avocado, sliced

1. Coat the salmon fillets with Santa Fe seasoning. On a pre-heated grill, cook for 8-10 minutes on each side, until flaky and cook all the way through. Remove from heat.

2. On 2 plates arrange a bed of lettuce, topped with half of the tomato, cheese, peppers and avocado. Place the fillet on top.

Stuffed Southwest chicken



You know that chicken breast is a great source of protein, but grilled chicken night after night gets boring. Here's a new way to dress up your healthy lean protein. The southwest flavors of chiles and lime make this a seriously tasty meal.

Here's what you need...

- 4 oz light cream cheese, room temperature
- 1 (15oz) can diced tomatoes, drained
- 1 (4oz) can Hatch green chiles, roasted and chopped
- Salt and pepper
- 4 organic, boneless, skinless chicken breasts
- 1 teaspoon olive oil
- Tajin seasoning (blend of dehydrated lime, ground chile peppers and salt)

1. Preheat oven to 350 degrees F.
2. In a medium bowl with an electric mixer on low speed, combine the cream cheese, drained tomatoes, corn and chiles.
3. Slice through the thick part of each chicken breast so that it opens like a book. Double wrap the chicken with plastic wrap and cut it with a meat slicer until it's 1/4 inch thick.
4. Season one side of each chicken breast with salt and pepper, then flip it over and spread with 1/4 of the cream cheese filling. Roll each chicken breast up and place it seam side down in a baking dish. Rub a little olive oil over the top of the chicken then season with Tajin and salt and pepper.
5. Cover and bake for 35 minutes. Remove the cover and bake for another 15 minutes.
6. Thinly slice and then serve.

Classic Chopped Salad



This salad is filled with tender roasted veggies and crunchy fresh lettuce. These foods are fresh and fiber-filled – exactly the kind of meal that defines clean eating. Add a side of lean protein and a tall glass of water for the perfect meal.

Here's what you need...

- 1 cup asparagus, chopped
- 4 large carrots, chopped
- 5 green onions, chopped
- 1 green zucchini
- 1 yellow zucchini
- 1 teaspoon olive oil
- dash of salt and pepper
- 4 cups of romaine lettuce, chopped
- 1/2 cup cherry tomatoes, chopped
- 1/4 cup kalamata olives, chopped
- 2 Tablespoon pine nuts, toasted

For the dressing:

- 1 teaspoon olive oil
- 2 Tablespoons lime juice
- 1 Tablespoon agave nectar
- 1 clove garlic, minced
- 1 teaspoon champagne mustard

1. Preheat oven to 425 degrees F. Place the asparagus, carrot, onion and zucchinis in a large bowl, mix well with the olive oil and salt and pepper. Place on a baking sheet and roast for 20 minutes, stirring after the first 10 minutes.

2. Meanwhile place the remaining salad ingredients into a large bowl. In a small bowl combine all of the dressing ingredients and whisk with a fork.

3. Once the veggies are roasted, mix into the salad bowl and toss with the dressing.

Chaper 6 – Layout

In this chapter you will find your workout files. I have included example workouts and templates to make your own along with an exercise selection chart. The exercises are colour coded so you can't select the wrong exercise.

2 x days a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	2 x Week
WORKOUT A			WORKOUT B				

3 x days a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	3 x Week
WORKOUT A			WORKOUT C	WORKOUT B			

4 x days a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	4 x Week
WORKOUT A + C				WORKOUT B + C			

Pathway Rules

- DO NOT TRAIN 3 DAYS IN A ROW.
- YOU CAN TRAIN FULL BODY AND CIRCUIT DAYS BACK TO BACK.
- DO NOT TRAIN TWICE IN ONE DAY.
- GIVE 100% IN ALL WORKOUTS.
- TRY AND REST AFTER FULL BODY DAYS.
- START WITH 2 OR 3 DAYS A WEEK BEFORE GOING ON TO 4.
- START WITH WORKOUT A THEN CYCLE THROUGH THE WORKOUT UNTIL YOU COME BACK TO WORKOUT A . THIS MIGHT MEAN THAT YOU PERFORM THE SAME WORKOUT TWICE IN ONE WEEK.
- DO NOT CHANGE THE EXERCISES FROM WEEK TO WEEK. EVERY 6-8 WEEKS IS RECOMMENDED.

KEY

- DB – Dumbbell
- BB – Barbell
- WG – Wide Grip
- CG – Close Grip
- SA – Single Arm
- BW – Body Weight
- CG – Close Grip

Back 2 Basics

Example Workout A

Full Body A - Horizontal + Hip					
Exercise	Sets	Reps	Training Window	Reps	Load
DB Bench Press	4-5	4-6	100 Seconds Rest		
DB Assisted Row	4-5	4-6			
DB Sumo Deadlift	4-5	4-6			
Notes: This first 3 exercises should be selected from the strength selection. You can take slightly longer to rest for this period.					

BW Press Ups	4-5	8-10	100 Seconds Rest		
BW Inverted Rows	4-5	8-10			
BW Reverse Lunges	4-5	8-10			
Notes: The second Set of exercises should be selected from the fat loss selection. This part of the workout should be more intense.					

Metabolic Exercise					
Burpees	2-6	20 – 30 Seconds	Take 10 – 20 Seconds after each set.		
Notes: For the metabolic exercises you can pick more than one exercise. You will perform this exercise for time for example 20 Seconds then rest for 10 seconds and repeat this as many times as you like. You can change the amount of times you do this each week to make it harder or easier depending on your conditioning levels.					

Notes

Extra core workouts can be added here

Back 2 Basics

Example Workout B

Full Body A – Vertical + Quad					
Exercise	Sets	Reps	Training Window	Reps	Load
DB Seated Shoulder Press	4-5	4-6	100 Seconds Rest		
Pull Ups	4-5	4-6			
Bw Squats	4-5	4-6			
<p>Notes: These first 3 exercises should be selected from the strength selection. You can take slightly longer to rest for this period.</p>					

DB Squat + Press	3-4	8-10	100 Seconds Rest		
DB Upright Row	3-4	8-10			
BW Lunges	3-4	8-10			
<p>Notes: The second set of exercises should be selected from the fat loss selection. This part of the workout should be more intense.</p>					

Metabolic Exercise

Floor Sprints	2-6	20 – 30 Seconds	Take 10 – 20 Seconds after each set.		
<p>Notes: For the metabolic exercises you can pick more than one exercise. You will perform this exercise for time for example 20 Seconds then rest for 10 seconds and repeat this as many times as you like. You can change the amount of times you do this each week to make it harder or easier depending on your conditioning levels.</p>					

Notes

Extra core workouts can be added here.

Back 2 Basics

Example Workout C

Interval Training					
Exercise	Sets	Reps	Training Window	Reps	Load
Weight Plate Floor Press	3-4	20 - 30 Seconds	1 – 2 Minutes Rest		
DB Plan Rows					
DL Hip Thrusters					
<p>Notes: This is an interval so you will perform each exercise for the selected amount of time, then move on to the next exercise until you have completed all 3. When you have completed all 3 exercises you will then rest for 1 – 2 minutes and repeat 3 – 4 times.</p>					

DB Kneeling Press	3-4	20 - 30 Seconds	1 – 2 Minutes Rest		
Chin Ups					
BW Drop Squats					
<p>Notes: This is an interval so you will perform each exercise for the selected amount of time, then move on to the next exercise until you have completed all 3. When you have completed all 3 exercises you will then rest for 1 – 2 minutes and repeat 3 – 4 times.</p>					

Metabolic Phase

Bear Crawls	4	20 – 30 Seconds	Take 10 – 20 seconds after each set.		
<p>Notes: You can pair metabolic exercises up if you want or you can perform them as a single exercise.</p>					

Squat Thrusts	4	20 – 30 Seconds	Take 10 – 20 seconds after each set.		
<p>Notes: you can pair metabolic exercises up if you want or you can perform them as a single exercise.</p>					

Back 2 Basics

Template Workout A

Full Body A - Horizontal + Hip					
Exercise	Sets	Reps	Training Window	Reps	Load
	4-5	4-6	100 Seconds Rest		
	4-5	4-6			
	4-5	4-6			
Notes: These first 3 exercises should be selected from the strength selection. You can take slightly longer to rest for this period.					

	4-5	8-10	100 Seconds Rest		
	4-5	8-10			
	4-5	8-10			
Notes: The Second Set of exercises should be selected from the fat loss selection. This part of the workout should be more intense.					

Metabolic Exercise

Notes: For the metabolic exercises you can pick more than one exercise. You will perform this exercise for time for example 20 Seconds then rest for 10 seconds and repeat this as many times as you like. You can change the amount of times you do this each week to make it harder or easier depending on your conditioning levels.					

Notes

Extra core workouts can be added in here

Back 2 Basics

Template Workout B

Full Body A – Vertical + Quad					
Exercise	Sets	Reps	Training Window	Reps	Load
	4-5	4-6	100 Seconds Rest		
	4-5	4-6			
	4-5	4-6			
Notes: These first 3 exercises should be selected from the strength selection. You can take slightly longer to rest for this period.					

	3-4	8-10	100 Seconds Rest		
	3-4	8-10			
	3-4	8-10			
Notes: The second set of exercises should be selected from the fat loss selection. This part of the workout should be more intense.					

Metabolic Exercise					
	2-6	20 – 30 Seconds	Take 10 – 20 Seconds after each set.		
Notes: For the metabolic exercises you can pick more than one exercise. You will perform this exercise for time for example 20 Seconds then rest for 10 seconds and repeat this as many times as you like. You can change the amount of times you do this each week to make it harder or easier depending on your conditioning levels.					

Notes

Extra core workouts can be added in here.

Back 2 Basics

Template Workout C

Interval Training					
Exercise	Sets	Reps	Training Window	Reps	Load
  	3-4	20 - 30 Seconds	1 – 2 Minutes Rest		
<p>Notes: This is an interval so you will perform each exercise for the selected amount of time then move on to the next exercise until you have completed all 3. When you have completed all 3 exercises you will then rest for 1 – 2 minutes and repeat 3 – 4 times.</p>					

  	3-4	20 - 30 Seconds	1 – 2 Minutes Rest		
<p>Notes: This is an interval so you will perform each exercise for the selected amount of time then move on to the next exercise until you have completed all 3. When you have completed all 3 exercises you will then rest for 1 – 2 Minutes and repeat 3 – 4 times.</p>					

Metabolic Phase

	4	20 – 30 Seconds	Take 10 – 20 Seconds after each set.		
<p>Notes: Again you can pair metabolic exercises up if you want or you can perform them as a single exercise.</p>					

	4	20 – 30 Seconds	Take 10 – 20 Seconds after each set.		
<p>Notes: Again you can pair metabolic exercises up if you want or you can perform them as a single exercise.</p>					

Exercise Planner Upper Body

Strength or Fat Loss	Horizontal Pushes	Horizontal Pulls	Vertical Presses	Vertical Pulls	Metabolic Exercises
Strength Rep Range 4-6 These can also be used for fat loss at higher intensity and higher reps	DB / BB Bench Press	BB Bench assisted Row	Seated or Standing Military Press	Chin Ups Jumping / Band Assisted	Burpee's
	Floor Press DB / BB	BB Bent Over Row	Seated Arnold Press	Pull Ups Wide grip or Normal	Squat Thrust's
	DB / BB Incline Bench Press	Cable Pully Row	Dips	BB Upright Row	Jump Squats
	DB / BB Decline Bench Press	Cable Face Pulls	Kneeling Shoulder Press	Lat Pulldown	Floor Sprints
Fat Loss Rep Range 6-12 These are mainly conditioning exercises	Press Ups Incline, Decline or Assisted	Inverted Rows Assisted	DB Squat + Press	Chin Ups or Pull Ups Assisted	Bear Crawls
	Close Grip Press Ups	Inverted Row Wide Grip	DB 1 Arm Squat and Press	DB Upright Row	Jumping Jacks
	Single Arm DB Floor Press	DB 1 Arm Row	DB Kneeling Press	DB 1 Arm Upright Row	Stair Sprints
	Weight Plate Floor Press	DB or BW Plank Row	DB Clean and Press	DB Clean	Half Get Ups

For some of these exercises you can use aids. For example you can use bands for push ups, inverted rows, chin ups and dips. Always aim for good technique whilst performing these exercises.

Exercise Planner - Lower Body Strength

These are lower body strength exercises , but can be used for conditioning as well.	Quad Dominant	Hip Dominant
	BW Squats	DB Sumo Deadlift
	BW Lunges	DB Suitcase Deadlift
	BW Step Ups	BB Rack Pulls
	DB Front Squats	BW Reverse Lunges
	DB Lunges	Hip Thrusters (Double or Single Leg)
	DB Step Ups	Step Elevated Reverse Lunges
	Rear Elevated Split Squats	High Box Step Ups

Exercise Planner - Lower Body Fat Loss

These are lower body strength exercises , but can be used for conditioning as well.	Quad Dominant	Hip Dominant
	BW Drop Squats	DB Sumo Deadlift
	BW Jump Squats	DB Suitcase Deadlift
	BW Lunges	High Box Step Ups
	BW Split Squat Jumps	BW Reverse Lunges
	BW Step Up Jumps	Hip Thrusters (Double or Single Leg)
	Single Leg Squats	Step Elevated Reverse Lunges
	Single Leg Squats Jumps	High Box Step Ups

Extra Core Exercises

These can be added in to the end of your workouts or performed on their own on rest days. Here are two extra Core workouts.

Core Workout A

Mountain Climbers	8+8	X 2	60 Seconds		
Side Planks	20 Sec				

Notes: Perform both exercises, then rest. Perform 8 reps on each leg for the mountain climbers then hold a side plank for 20 seconds and rest for 60 seconds. repeat this 2 – 3 times.

Core Workout B

Plank Get Ups	8+8	X 2	60 Seconds		
Serratus Reach	10				

Notes: Perform both exercises, then rest. Perform 8 reps on each side for the plank get ups, then perform 10 reps for the serratus reach. Rest 60 seconds then repeat 2-3 times.

Do not perform any crunches or sit ups at the end of your workouts. These are not effective ab exercises and the ones selected above are far more beneficial. Crunches and sit ups can cause injury in some people especially people who are new to training and have poor mobility. This is due to repeated spinal flexion and pressure on the lower part of the spine.

Bonus Chapter - Supplements

Every time we open a magazine or turn on a T.V. and listen to the radio we hear about some type of “magic” weight loss pill or muscle gain supplement.



Some claim that you will lose x amount of pounds in a week, others claim that you will lose 3 dress sizes in a month, and my personal favourite claim is that you will lose 20 pounds of fat in 10 days.

Well sorry to burst your bubble, but it's all rubbish. Do you really think that these products can melt away fat when you're asleep and make such drastic changes?

The correct answer is NO. No matter how much you want to believe in a magic pill turning your body into some sort of temple it's not going to happen without a good training routine and diet.

The supplement business is a \$30 billion dollar industry that rinses our pockets every year on our false hope of miraculous.

Research shows that 95% of weight loss induced by supplements will be gained back in no less than 3 years. The Food and Drug Administration has gone so far as to declare that a weight loss supplement with a proven record of long-term success **DOESN'T EXIST!** And to think that billions of dollars are spent on products that are PROVEN not to work!

DID YOU KNOW?

- Most weight loss supplements contain appetite suppressants that have been known to cause reactions in some people that lead to strokes, heart attacks, panic attacks, and even death.
- Quite often the few pounds that you do end up losing with weight loss supplements are due to the diuretics that they contain. A diuretic is a substance that flushes water out of your body, providing a quick and temporary dip on the scale.
- Weight loss supplements are expensive! It may be easy to justify the cost to yourself when you believe that your hard earned money is being spent on sculpting your figure, but don't be fooled! The useless pills cost the manufacturer only pennies to produce, while they charge you an arm and a leg.
- Next time you see a stunning before and after picture of the guy or women that lost 200 pounds by taking a certain supplement, beware! There is a higher probability of you being struck by lightning tonight than that claim being true. Most spokespersons and testimonials for weight loss supplements are false, and are only there to entice an unsuspecting public.
- Weight loss supplement companies admit that their products will not work without a controlled diet and exercise.

I will however say that there are a few good non weight loss supplements out there.

Some supplements can be used to enhance an already good diet. A diet should never be based around supplements EVER!

Here are my recommended supplements

- Omega 3 Fish Oils
- Multi Vitamin (Animal Pak)
- Whey or Casien Protein (Sunwarrior or Optimun Nutrition)
- Digestion Enzymes

These are my 4 recommended supplements. Of course there are other supplements that can have benefits, but for the basic person looking to achieve fat loss they are not needed and are a waste of money. You're better off spending your money on higher quality foods such as omega 3 eggs and leaner cuts of meat than wasting it on random supplements.



**SO THAT'S IT EVERYONE. YOU NOW KNOW THE
BASICS TO GETTING LEAN THROUGH DIET AND
EXERCISE. ITS TIME TO PUT YOUR INFORMATION
IN TO PRACTICE.**

**GOOD LUCK AND REMEMBER ANYTHING IS
POSSIBLE IF YOU BELIEVE YOU CAN ACHIEVE IT.**

JAY FARRANT

